

VIBE CHECK





TIME FOR A VIBE CHECK!

Sometimes it's important to take a step back, pause what you're doing and take a mindfulness break. Whether you're having a great day or having a bad time, practicing mindfulness and bringing yourself into the moment can have lasting effects on your overall mood.

HOW TO USE THIS JOURNAL:

This is a fillable PDF. To use it, make sure you:

1. Save the PDF on your computer; not all browsers support saving your entries. (If you want to type in your browser, check that you can save with your changes first!)
2. Open the PDF with Adobe Acrobat Reader (free versions are [here](#)).
3. Type into the fillable areas in this journal.
4. Save using the save icon in the top ribbon of Adobe Reader.

If you have trouble saving your work, you can also print this journal out to fill by hand!



HUG IT OUT

Take a minute to love yourself like you love a friend. Give yourself a hug.

Sit comfortably on the floor, and wrap your arms around yourself, squeezing gently, lovingly, as if embracing a loved one. Try this for 60 seconds.

Hugs and emotional connections release calming hormones, and there's no deeper connection than the ones you can make with yourself.

HOW DID IT FEEL?

WHAT'S YOUR VIBE?

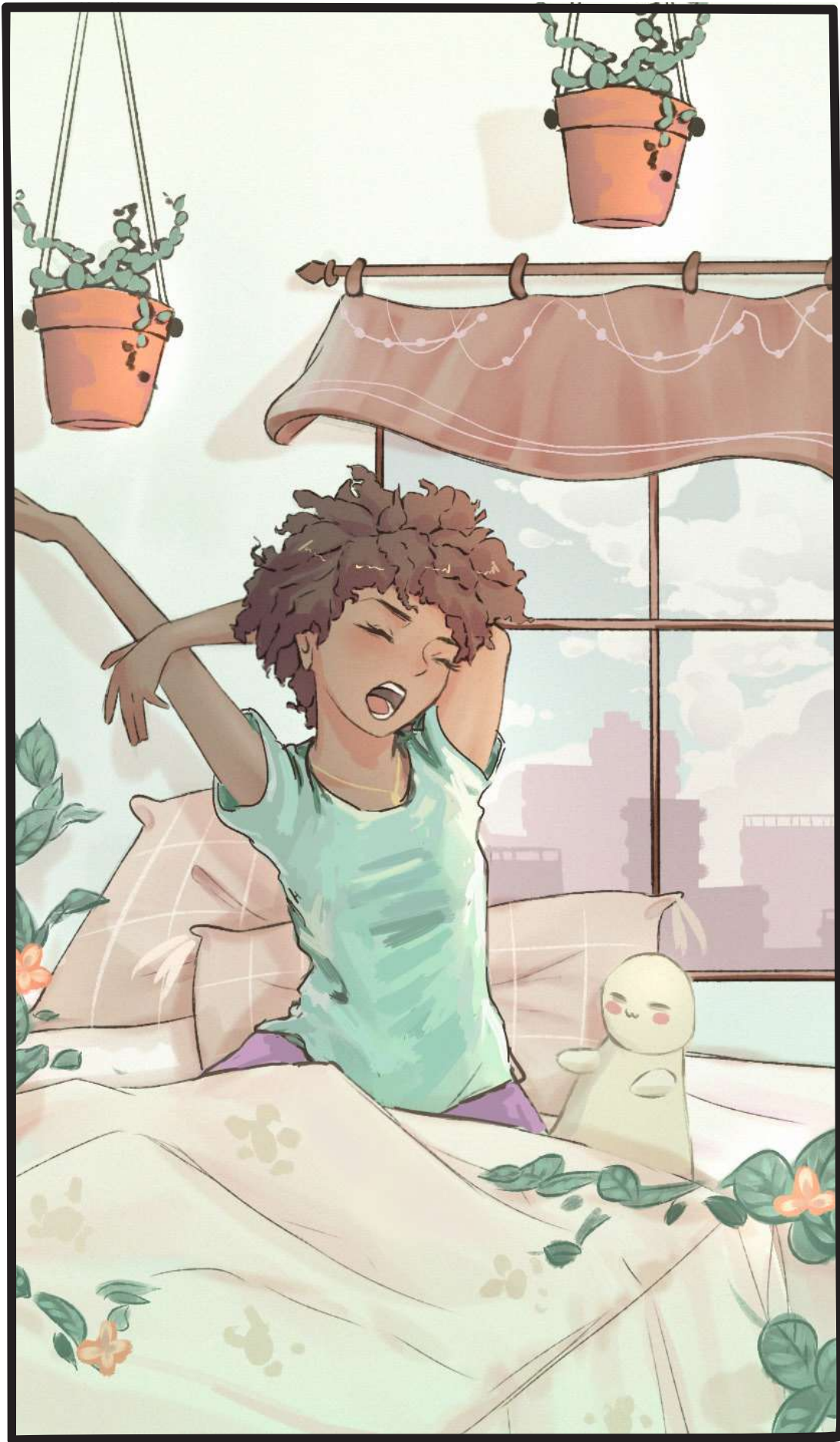


Low vibes

Good vibes

Great vibes

Off the charts!



RISE AND SHINE

Before you get out of bed is a perfect time to meditate. Sit up in bed. Close your eyes and take a deep breath in through your nose, then slowly release it through your mouth.

Stretch both arms over your head as far as you possibly can. Let your right arm fall to your left. Grab your left elbow with your right hand. Continue to breathe. Put both arms back up high. Continue to breathe. Let your left arm fall to your right. Continue to breathe.

HOW DID IT FEEL?

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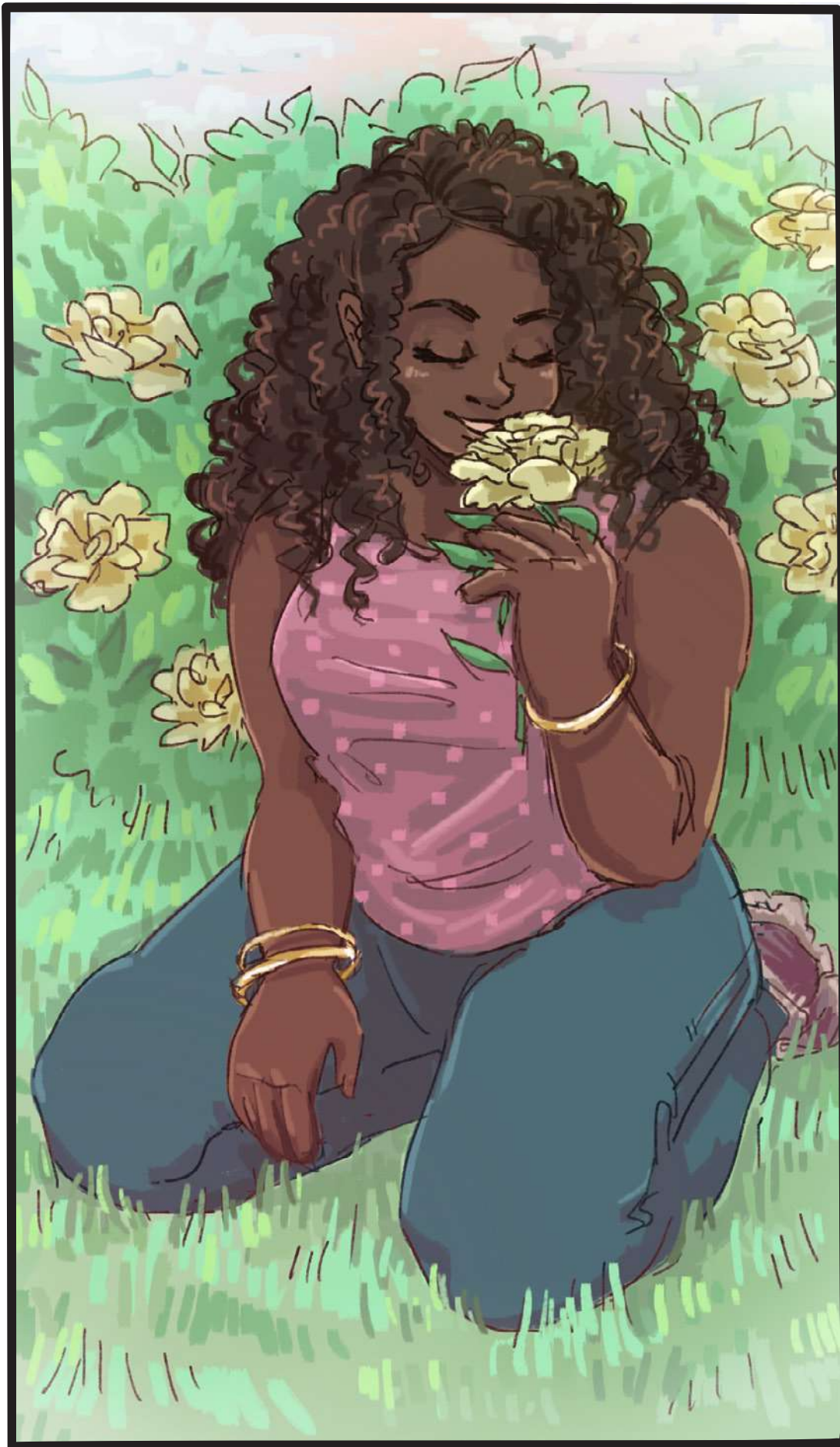


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STOP AND SMELL THE ROSE

Take time to enjoy the tiny, overlooked goodness around you... literally.

Find a flower, a plant, a tree, anything that grows. Bring it close to your face, close your eyes, and breathe in its scent for 60 seconds.

Is it sweet? Harsh? What does the scent tell you about the plant you're holding? Carry this feeling through the day.

HOW DID IT FEEL?

WHAT'S YOUR VIBE?

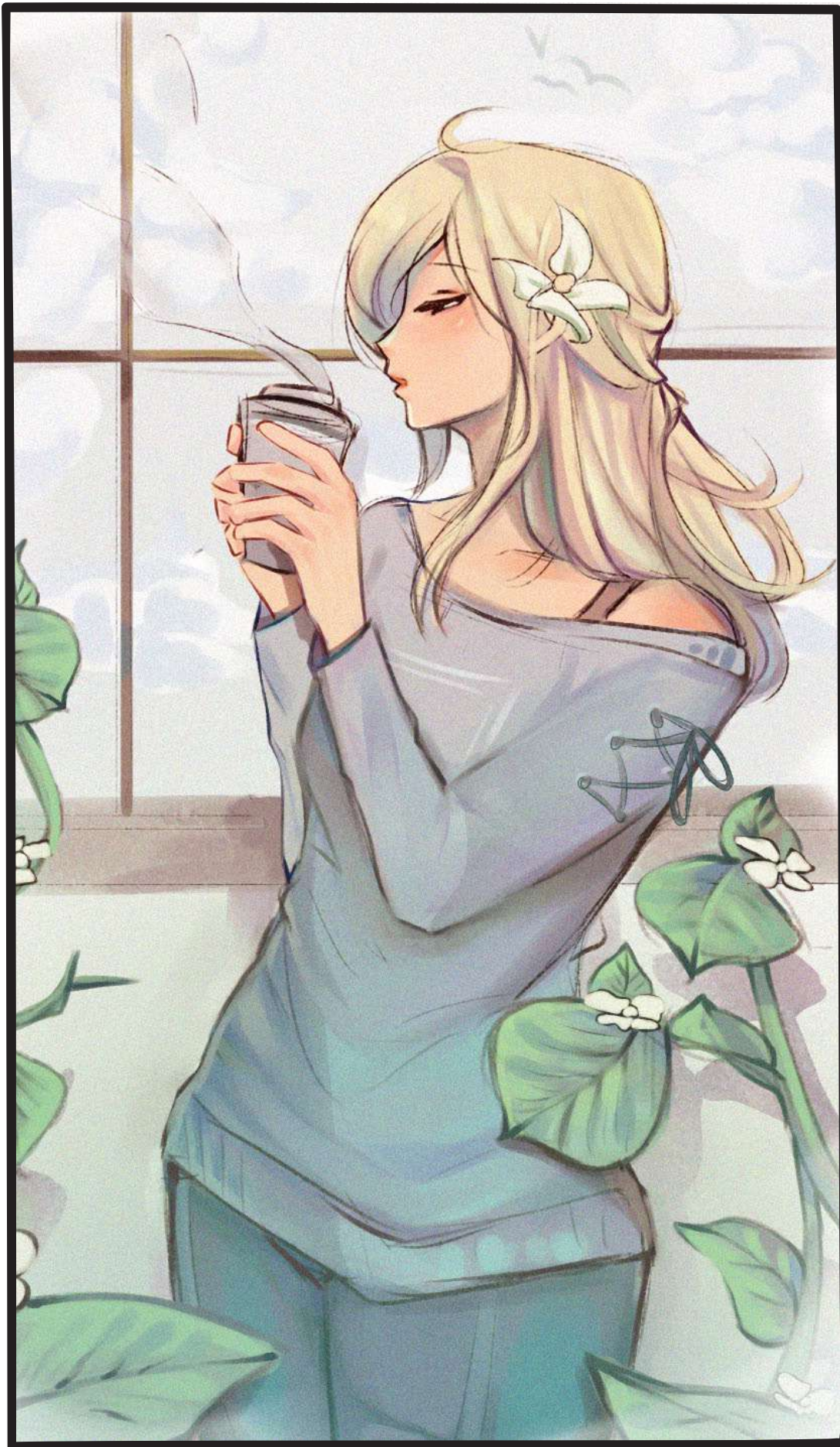


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BLOW OFF SOME STEAM

Blow the steam off of a hot drink (it can be real or imagined).

Hold the warm mug with two hands, lifting slowly to your nose. Inhale through your nose for four seconds, taking in the aroma, noticing its richness.

Then, after a short pause, exhale slowly through your mouth, cooling the drink, preparing to sip. Repeat for 60 seconds.

HOW DID IT FEEL?

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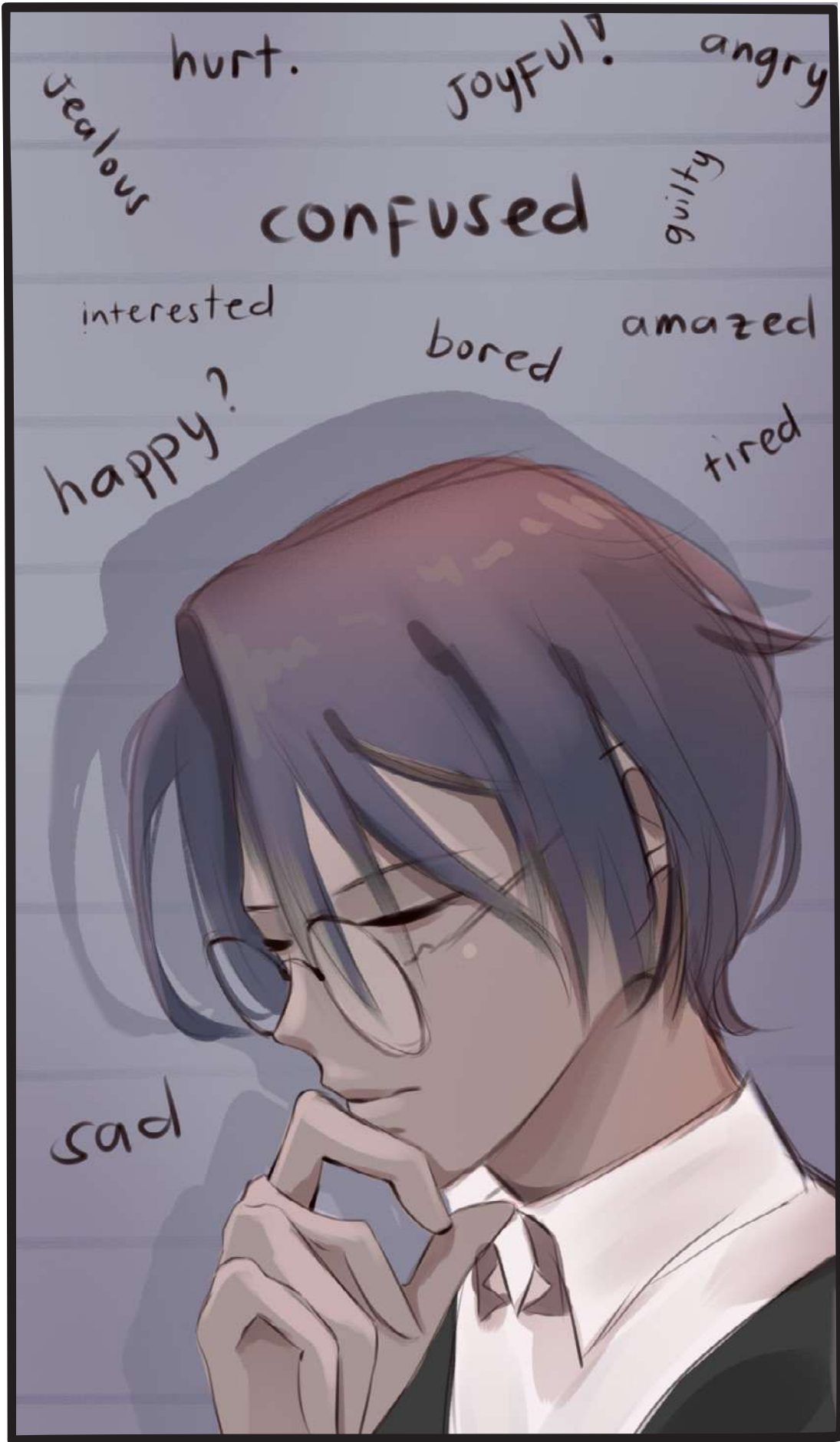


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MIXED FEELINGS

Take a minute to notice all the emotions inside of you right now.

Tired, nervous, lonely, proud, cheerful, longing... there are hundreds of possibilities; name as many as you're able.

Just notice them and say to yourself...

I notice I'm having the feeling _____.

I notice I'm having the feeling _____.

I notice I'm having the feeling _____.

HOW DID IT FEEL?

WHAT'S YOUR VIBE?



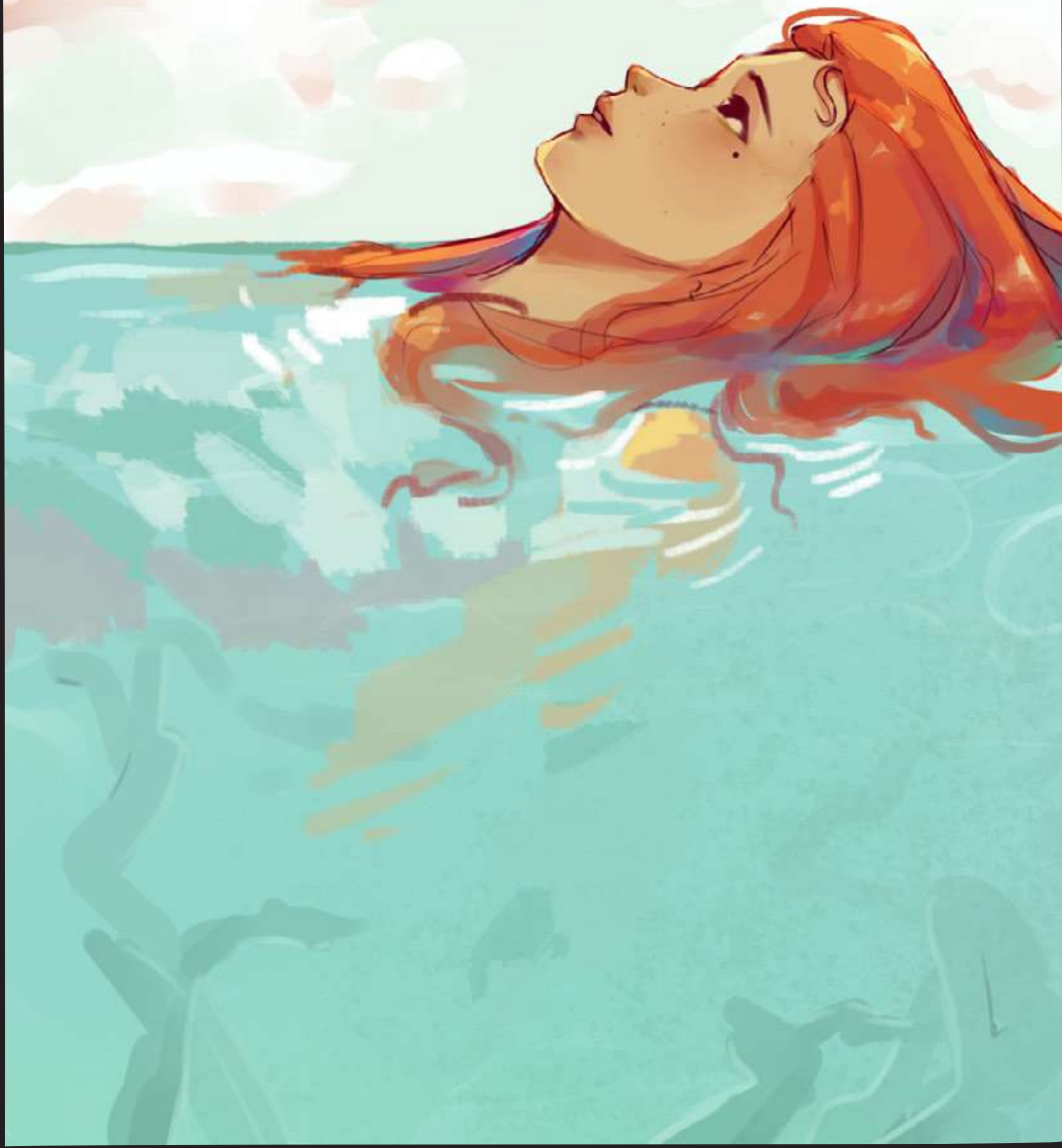
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I AM THE OCEAN



RIDE THE WAVES

All feelings come and go, like waves on the ocean. When you feel challenged, remember that just as the emotions washed in, they will wash out.

Spend a minute imagining you ARE the ocean, deep and vast. Breathe in, allowing your waves to wash up on shore. And breathe out slowly, as your waters roll back into the sea. For one minute repeat: "I am the ocean, my feelings are just the waves."

HOW DID IT FEEL?

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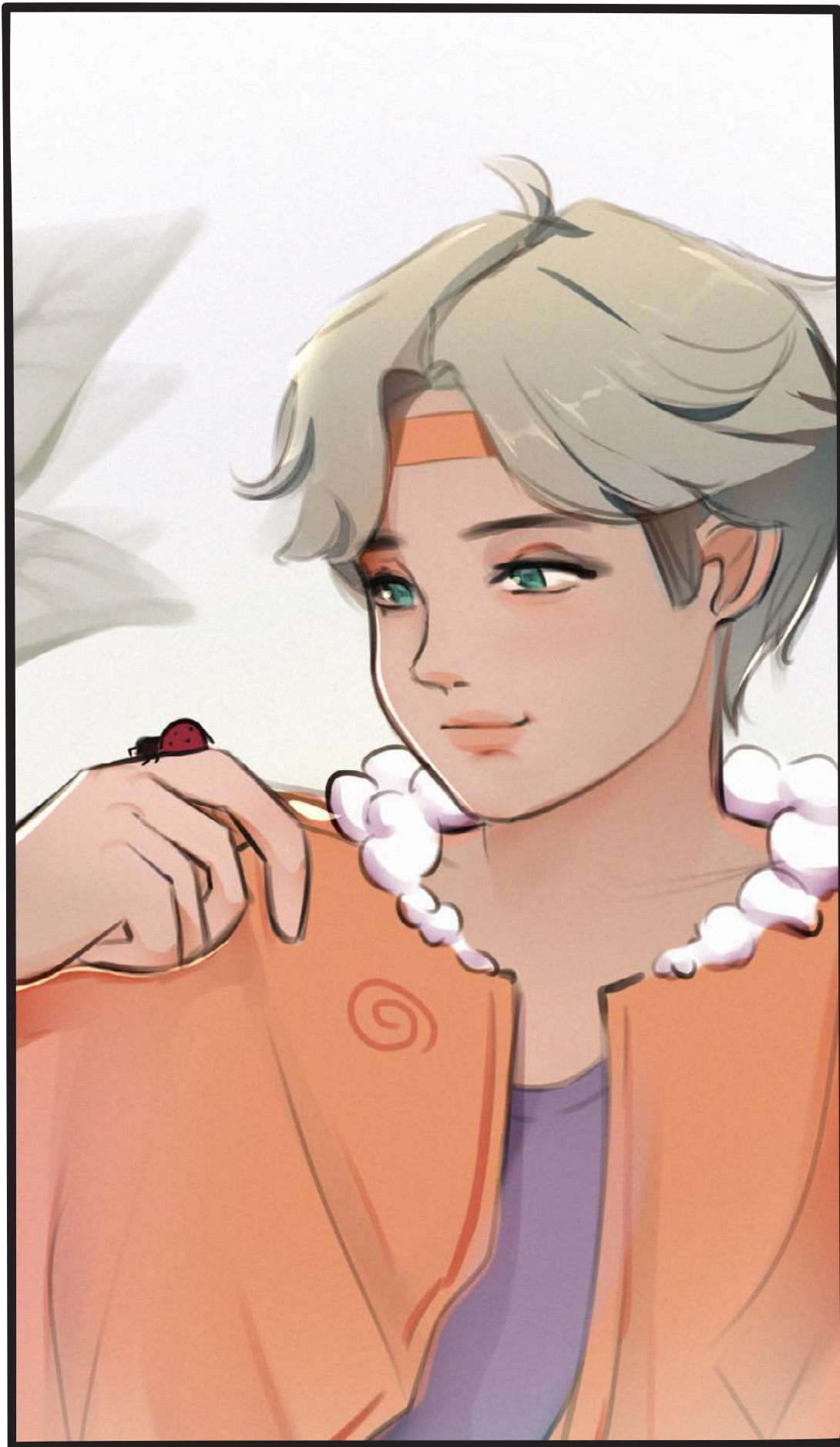


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READY FOR YOUR CLOSE-UP

Get outside into a little slice of nature and find something tiny, something most would consider insignificant. A bug. A single blade of grass. A leaf on a tree.

Now zoom in. Get in close to it. And for one minute, consider how truly remarkable that little slice of nature really is. Think about how it came into the world, and what a day in its life must look like. What is its role in the world?

Now zoom out once again, and be in awe of the size of the world around us.

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LISTEN UP

For 60 seconds, do nothing but listen.

Close your eyes. Rest still.

What do you hear? How near or far is the sound? Are there noises in the building you're in? Birds outside? Distant traffic? Wind in the trees?

Close your eyes and just listen, using your imagination to illustrate everything you take in with your ears.

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