

Table of Contents

Introduction

Overview of <i>Mind Matters</i>	2
---	---

Lesson 1: Self-Soothing

Focused Breathing	3
Peripheral Vision	3
5-4-3-2-1 Skill	4
Coloring	5
Lesson 1 Practice Plan	6

Lesson 2: Discover Emotions

Lesson 1 Review.	7
Body Scan	8
Discover Emotions	9
<i>Inside Out</i> Discussion Questions.	9
When Have You Felt These Emotions?	11
Emotions, When They Work and When They Don't	11
You and Your Emotions Chart	12
Lesson 2 Practice Plan	13

Lesson 3: The Difference Between Emotion and Thought & The Internal Journal

Lesson 2 Review.	14
Three-Part Breath.	15
Identifying Thoughts and Emotions.	16
Emotions or Thoughts Chart.	17
The Internal Journal.	18
The Internal Journal Chart	19
Lesson 3 Practice Plan	20

Lesson 4: Building Empathy

Lesson 3 Review.	21
Building Empathy	22
Loving Kindness Exercise.	23
Lesson 4 Practice Plan	24

Lesson 5: I Get By with a Little Help from My Friends & Wheel of Awareness

Lesson 4 Review.	25
My Support Map	26
Wheel of Awareness	27
Lesson 5 Practice Plan	29

Lesson 6: Compassion for the Hijacked Brain

Lesson 5 Review.	30
The Hijacked Brain	31
ACE Questionnaire	31
ACE Response Checklist	32
Hope: Methods to Build Your Brain.	33
Lesson 6 Practice Plan	34

Lesson 7: Trauma Containment and Rhythm

Lesson 6 Review.	35
Trauma Containment.	36
Rhythm.	36
The Rhythm for Connection Chart	37
Lesson 7 Practice Plan	38

Lesson 8: Tapping & Efficient Sleep

Lesson 7 Review.	39
Tapping.	40
Efficient Sleep	43
Lesson 8 Practice Plan	44

Lesson 9: Let's Get Moving

Lesson 8 Review.	45
Let's Get Moving.	46
Yoga	46
Exercise Program	46
Choose What You Love Activity	47
Lesson 9 Practice Plan	48

Lesson 10: Life of Intention

Lesson 9 Review.	49
Your Road Map for Life.	49
Your Road Map for Life Chart	50
SMARTER Goals	51
Lesson 10 Practice Plan	52

Lesson 11: Code of Honor & Asking for Help

Lesson 10 Review	53
Code of Honor.	54
Code of Honor Worksheet	54
Write Action Statements	55
The Honor Shield	55
Asking for Help	56
Rank Your Fears.	56
Road Map Support System Questions	56
Lesson 11 Practice Plan	57

Lesson 12: The Ongoing Journey

Lesson 11 Review	58
Four New Skills	58
Mind Matters Pinwheel.	59
Personal Agreement Contract.	60
Mind Matters Practice Record.	62
Safe Place, Picture, and Anchor Object.	64