

# Thought Shifting Record

Stressful Situation	Emotions	Thoughts	Label thought as <u>positive</u> or <u>negative</u>	Take 5 min and do a mindful meditation with your senses	What are your thoughts <u>now</u> about the situation?
				<p>Get comfortable. Notice small details of things you can see. Now close your eyes and notice any background sounds you can hear. Notice what you can touch. Notice any smells. Now just focus on your breaths going in and out of your body. Keep returning your mind back to your breathing if your mind wanders away.</p>	