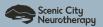
### **WEEKLY REFERENCE GUIDE**



#### FOCUS: EMOTIONAL WELLNESS

#### MON



Recognizing and acknowledging your emotions is the first step toward emotional wellness.

Observing your emotions allows you to recognize patterns and triggers and enables you to pinpoint areas for improvement.

#### **NOTICE & RECORD EMOTIONS**

- Plan time to journal your emotions throughout the day.
- Use a note-taking app on your phone for convenience.
- Write down what triggered your emotion and how you felt.
- Foster self-awareness and emotional intelligence.

TAKE ACTION: Consider the 4-Step Plan to Reframing Negative Emotions.

#### TUE



Forgiveness involves letting go of anger, resentment, or stress for the sake of your mental and physical well-being. Whether towards a parent, friend, or oneself, it frees you from negative emotions, promoting inner peace. It doesn't mean excusing others' actions or forgetting past hurts. It's about recognizing feelings and releasing their grip on you.

#### FORGIVE & LET GO

- Identify someone you're holding onto resentment towards.
- Write a forgiveness letter, even if you don't plan to send it.
- Remember that empathy is essential in forgiveness.
- Recognize that everyone has their own struggles.
- Shift your perspective to see them as a fellow human, not just someone who has wronged you.

**TAKE ACTION:** Connect with someone who can provide tailored support and empathy. Get our Ketamine Educated Provider list by calling 423-228-0579.

#### **WED**



Take time to evaluate your current schedule and commitments to ensure they align with your priorities and goals. Identify areas where adjustments can be made to create a more balanced and fulfilling routine.

#### RE-ASSESS YOUR SCHEDULE

- Prioritize tasks effectively.
- Set clear, achievable goals.
- Use a planner or calendar.
- Minimize distractions.
- · Schedule focused time blocks.
- Take regular breaks.
- Delegate when possible.
- Learn to say no.
- Stay organized.
- Review and adjust regularly.

TAKE ACTION: Use our Weekly Schedule Planner on the next page.



# **WEEKLY SCHEDULE**

WEEK: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 am							
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							



#### THU



Challenge yourself to refrain from complaining or expressing negativity for an entire day. This exercise promotes mindfulness and encourages a more positive outlook on life.

#### NO COMPLAINING ALLOWED

- Start your day by using our weekly gratitude journal template on the next page.
- Whenever you feel the urge to complain, take a moment to pause and reflect on the things you're thankful for, aiming to reframe the situation with a positive perspective.

**TAKE ACTION:** Create a motivational phone wallpaper with a quote or image reflecting your goals. Seeing it frequently can boost focus and motivation. Share your <u>wallpaper</u> (ours or yours) on your story, tag @sceniccityneuro, and stand a chance to win a unique SCN umbrella!

#### FRI



Equip yourself with strategies and resources to maintain composure when faced with difficult situations or emotions. This preparation builds resilience and empowers you to navigate challenges with grace.

#### PLAN FOR NEGATIVE EMOTIONS

- Practice self-compassion.
- Lean into radical acceptancegive yourself permission to have feelings.
- Use the 5-4-3-2-1 grounding technique.
- Connect with something outside of yourself - nature? Volunteer?
- Talk with a trusted person.

**TAKE ACTION:** Spend some time this week assembling your personal toolkit for composure. You might also check out "How to Regain Your Composure in Stressful Situations" and "11 Tips for Becoming a Peaceful and Calm Parent."

#### SAT



Surrounding yourself with positive influences and environments can significantly impact your mood and overall well-being. Seek out people, places, and activities that uplift and inspire you.

## SURROUND YOURSELF WITH GOOD ENERGY

- Take inventory of your social circle and environment.
- Prioritize time spent with positive individuals or in spaces that uplift you.

**TAKE ACTION:** Make a conscious effort to cultivate positive energy in your life. Post a photo of yourself with someone who brings you joy and tag @sceniccityneuro to celebrate healthy relationships!

# Gratitude Check-In DATE

TOP 3 THINGS I DID THIS WEEK	MOST REWARDING INTERACTION I
0	HAD THIS WEEK
 O	
0	
THIS WEEK I FELT	
NEXT WEEK I WANT TO	
THINGS I ACCOMPLISHED THIS WEEK	WHAT WAS THE BEST THING ABOUT THE WEEK?
	Scenic Citu
	Scenic City Neurotherapy

QUOTE OF THE WEEK: "IT'S A FUNNY THING ABOUT LIFE, ONCE YOU BEGIN TO TAKE NOTE OF THE THINGS YOU ARE GRATEFUL FOR, YOU BEGIN TO LOSE SIGHT OF THE THINGS THAT YOU LACK." — GERMANY KENT



#### SUN



Embracing opportunities for growth and learning fosters personal development and stimulates the mind. Challenge yourself to step outside your comfort zone and acquire new knowledge or skills.

#### LEARN SOMETHING NEW

- Choose a subject or activity that interests you but lies outside your current expertise. This could be a new hobby, language, or area of study.
- Make a commitment to dedicate regular time for learning.

TAKE ACTION: Reference our recommendations list below.

#### PODCASTS (SPOTIFY, APPLE, GOOGLE, ETC.)

- The Knowledge Project with Shane Parrish
- The Hidden Brain
- The Ed Mylett Show
- How I Built This with Guy Raz
- TED Talks Daily
- 99% Invisible
- Everything Everywhere Daily
- Freakonomics Radio
- The Tony Robbins Podcast
- The Minimalists Podcast

#### **BOOKS**

- "The Checklist Manifesto" by Atul Gawande
- "Start with Why" by Simon Sinek
- "Atomic Habits" by James Clear
- "Outliers: The Story of Success" by Malcolm Gladwell
- "The 7 Habits of Highly Effective People" by Stephen R. Covey
- "Quiet: The Power of Introverts in a World That Can't Stop Talking" by Susan Cain
- "The Talent Code: Greatness Isn't Born. It's Grown. Here's How." by Daniel Coyle
- The Best 100 Skills Books
- 20 Books to Help You Learn a New Skill or Hobby

#### **CLASSES (ONLINE AND IN-PERSON)**

- The Chattery
- Sweet and Savory Classroom
- Tech Goes Home
- Chattanooga School of Language
- Upskill
- Babbel
- Treehouse
- Lynda
- Udemy
- CreativeLive