

## FOCUS: EMOTIONAL WELLNESS

### MON

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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

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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

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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

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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 [wallpaper](#) (ours or yours) on your story, tag @sceniccityneuro, and stand a chance to win a unique SCN umbrella!

## FRI

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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 acceptance- give 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

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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 HAD THIS WEEK

THIS WEEK I FELT



NEXT WEEK I WANT TO

THINGS I ACCOMPLISHED THIS WEEK

WHAT WAS THE BEST THING ABOUT THE WEEK?



**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

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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.)

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- 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

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- "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)

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