

# THINK Pawpositive

A People *Happiness* Journal



Mind Align

TCWGlobal

# An Introduction to MindAlign....

## What is Mental Wellness?

‘Mental wellness/health’ and ‘mental illness’ are used as if they mean the same thing, but they do not. Everyone has mental health, just like everyone has health. Not all people will experience a mental illness, but everyone will struggle or have a challenge staying mentally healthy just like we all have challenges with our physical health.

We want to help you **align your mind** so you can be a mentally healthy human being and be more prepared when life is tough. Don't be dismissive! It's not that hard and if you give it a shot, you will be better off. **Make a commitment to Align your Mind in 2019.**

Each month we will feature a topic around mental wellness. There are weekly activities to give you some helpful tools and questions for each topic. You'll see a mood scale each week. This is just for you to track how you're feeling.

Join us on the journey to *happy* and *healthy minds!*

**MARCH**



**Awareness + Education**

This month we will focus on mental health awareness and education. For many people, mental health issues are viewed differently from physical health issues. For those that have experienced mental illness it's clear that it's just as much an illness as any other physical condition.

“The stigma in our society around ‘mental illness’ is very real. We live in a world where if you break your arm, everyone runs over to sign your cast, but if you tell people you’re depressed, everyone runs the other way. That’s the stigma.” – Kevin Breel

Look past the stigma, educate yourself and work towards a healthier, happier mind.

M A R

4

# Sparkling Joy

List things that make you happy right now.

A fancy coffee from upstairs, creating a drink at the soda machine, enjoying the view at Cooper's house.

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



How often do you get to experience these things? Experience takes practice. Choose an item on your list and see how you can turn it into daily practice.

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### *Did You Know?*

A 2015 study by psychologist Gail Matthews showed when people wrote down their goals, they were 33% more successful in achieving them than those who formulated outcomes in their heads.

List something you're *grateful* for: \_\_\_\_\_

M A R

11

## Your House

**Take a look at this house. Let it represent your life.**

**Walls:** People and things that support you

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**Roof:** People and things that protect you

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**Windows:** How do you think people see you?  
How do you want them to see you?

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**Basement:** Values that govern your life

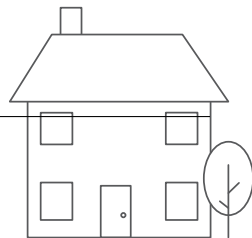
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**Door:** Things you want to keep hidden

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**Chimney:** Write down the ways you blow off steam

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**Rate Your Mood:**

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



# Emotional Inventory

|           |              |              |
|-----------|--------------|--------------|
| Awe       | Joy          | Fear         |
| Happiness | Contentment  |              |
| Anger     | Laughter     | Sadness      |
| Peace     | Balance      |              |
| Stress    | Love         | Belonging    |
| Shame     | Trust        |              |
| Gratitude | Frustration  | Envy         |
| Anxious   | Stuck        |              |
| Proud     | Accomplished | Disappointed |

*Circle the emotions you want to feel more often.*

*Put a square around emotions you feel regularly.*

*Work on awareness this week. Understand what you feel and why.*

List something you're *grateful* for: \_\_\_\_\_

MAR  
18

## Brightly Colored Words

1. Write down things that elicit feelings of shame, discomfort or are unsettling. Use pencil or a light-colored writing utensil.

Now, with bright colored pencils, sparkly pens, etc. write over the crappy things with things that **make you feel spectacular**. Focus on the bright colors and **bold positive words**. Don't pretend the bad ones aren't there, let yourself bring the good ones front and center.

Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT





M A R  
25

## Future You

The more we learn about ourselves, the easier it becomes to navigate obstacles we face. Write a letter to yourself a year from now, what do you want to be different? How do you want to improve your mental wellness?

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List something you're *grateful* for: \_\_\_\_\_

# Conscious Cooper



Some thought-provoking  
questions for the  
*Philosophical.*

Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



How does discussing mental illness and the stigma make you feel?

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Do you ever fear having mental health challenges?

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What are you doing today to help better your mental wellness?

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*Feel free to share  
your answers with  
Coop, she's a  
great listener.*

List something you're *grateful* for: \_\_\_\_\_

APRIL



## Depression & Positivity

### What is depression?

Most of us feel sad, lonely, or depressed at times. **It's a normal reaction when we're out of your favorite bagels, Amber is all booked for the month, or especially when the coffee machine is broken.** But when the depression becomes overwhelming, causes physical symptoms, and lasts for long periods of time, they can keep you from enjoying life to the fullest.

For those that experience depression it's so, so important to reach out for help. To move towards positivity, work to define your values and remember what brings you joy. For those feeling sad or depressed it is easy to forget what used to bring meaning to your life. **Get some fresh air, visit Cooper's Corner, dance to your favorite tune, be grateful, pray/meditate, and eat something that makes you happy.**

A P R

1

# Ease Your Mind

List things that get you out of your head.

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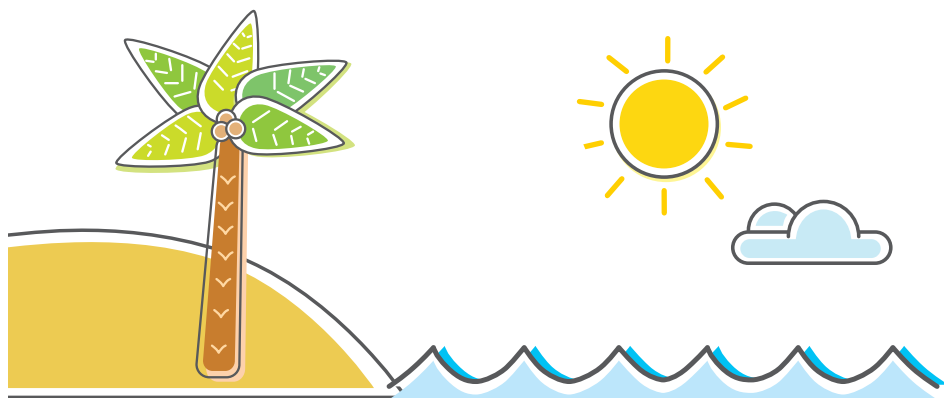
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Plan **an hour this week** to do a few things that put your mind at ease.



Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

A P R

8

# Gratitude

Everyone likes to be acknowledged and appreciated. Just a small gesture of gratitude goes a long way. What was something someone did this week to make you feel appreciated? Did your significant other clean the kitchen? Did a colleague answer an email for you?

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Just acknowledging that you notice the little things can really improve relationships. Try to get into the habit of **thanking people** for the little things. You will likely find that in turn others appreciate you more as well. **How did you show appreciation for someone this week?**



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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



A P R  
15

## Compliment Yourself

List the greatest compliments and encouragement you've been given. *A Thumbs Up perhaps?*

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Choose your favorite and display it somewhere that you can see it every day.



I *appreciated* \_\_\_\_\_

for \_\_\_\_\_

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List something you're *grateful* for: \_\_\_\_\_

A P R

22

## Choose Happy

Sometimes, we don't think we've earned happiness. Something in us, usually the voice that we need to shut-off tells us "we don't deserve happiness, we're not worthy, there is no time for happiness, we've done too many bad things to be happy". We'll that voice doesn't stop overnight. Write a list of items that keep you from job, go through the list checking off each one as DONE and then **practice joy**.

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT





APRIL

DEPRESSION + POSITIVITY

APR  
29

## New Me, Who Dis?



Does your space  
(bedroom, office desk,  
etc.) represent your  
present reality?

Make a list of things that reflect the old you and the new or future you.

*Old You*

*New You*

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List something you're *grateful* for: \_\_\_\_\_

# Conscious Cooper

A Journal Entry ... (Put in my depression story)



Some thought-provoking  
questions for the  
*Philosophical.*

Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



APRIL

DEPRESSION + POSITIVITY

Ask yourself “If I could write my obituary, the day before I die, and I wanted to say my life’s goals were fulfilled, what would I say I did in my life?”

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What are your thoughts and stigmas about depression?

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How do you feel around others that are depressed?

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Have you ever felt depressed? When?

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*Feel free to share  
your answers with  
Coop, she's a  
great listener.*

List something you're *grateful* for: \_\_\_\_\_

MAY



Fitness

## Fitness and its role in Mental Health

*Exercise* is one the most effectives ways to improve mental health. It can help you relieve stress, sleep better, improves memory and your overall mood. In some cases, exercise can be just as effective as medication. Exercising is so powerful that is creates changes in the brain to relieve stress and tension and promote a sense of calm and well-being. It keeps our health in check, releases the stress of the day and keeps our anxiety at bay. It's not about your waist line, it's about your LIFE.

When you're struggling with your mental health trying to commit to exercise can be completely overwhelming. You might feel exhausted, hopeless, unmotivated or that you just don't have time. You don't have to commit to going to the gym each day. Do things you enjoy, every minute counts. **Take your dog for a walk, clean up your house, play with Cooper, stretch while watching tv, go up and down the stairs to check out all the snacks.** Find activities you enjoy and feel better.

MAY

6

## Be Yes People

What are some things that you would originally say “no” to because you were too tired, too intimidated, etc.? **For example, join a work out group, try a new gym, try a new food, take fiber (not too much)**

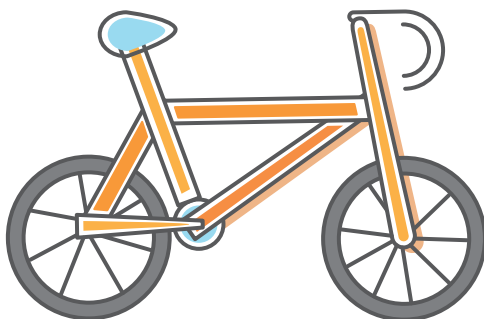
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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

MAY  
13

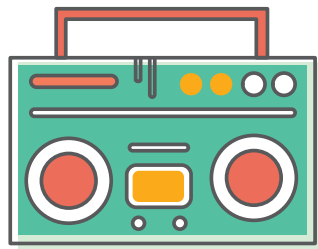
Upbeat

What's your happy playlist? Make a list of songs that get you pumped. Turn them on when you need a boost!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Did You Know?

A 2013 study in the Journal of Positive Psychology found that people who listened to upbeat music could improve their moods and **boost their happiness** in just **two weeks**.



Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

# MAY 20 Mountain Climbing

Imagine you're climbing this happiness mountain. There are constant obstacles in your way of getting to the top.



Write down a list of activities or distractions to prevent you from falling to the bottom.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

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List something you're *grateful* for: \_\_\_\_\_

MAY

27

Harmonious

## Practicing Self Care

When we don't take care of ourselves, it becomes impossible for our bodies, minds, and hearts to be healthy and happy. This is why it is important to incorporate self care into our busy lives. So what is self care? Self care in essence is the mindful taking time to **pay attention to you**, not in a narcissistic way, but in a way that ensures that you are being cared for by **you**.

**Practicing self care** can mean taking time to decompress after work, feeding your spiritual self (meditation, prayer, listening to something inspirational), getting enough sleep, taking time to eat, or taking time to do the things you enjoy (reading a good book, going to dinner, taking a nature walk).

Excerpt from an article by Maria Baratta Ph.D., L.C.S.W.

Original article can be found at [www.psychologytoday.com](http://www.psychologytoday.com)

Write down a few ways you can incorporate self care into your life over the next month.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



# Conscious Cooper

What physical activities do you enjoy and can make time for?

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Are you taking care of yourself physically?

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Are you achieving the goals you set for yourself?

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List something you're *grateful* for: \_\_\_\_\_

**JUNE**



**Stress**

## **Coping with Stress**

Stress is hard to define because it means different things to different people. Stress can cause physical, emotional and behavioral disorders which can affect your health, vitality, and your personal or professional relationships. Too much stress can cause insomnia, backaches, headaches, acid reflux, teeth grinding and can contribute to high blood pressure and heart disease.

When you feel overwhelmed by stress take a walk, a mental break, inhales your favorite aromatherapy, put on your headphones and listen to something soothing or stop and reframe your situation. Try the 4-7-8 breathing technique. Search for it online its awesome.

**Take a minute and count the beads on your SWAB, for each bead think of something your grateful for.**

JUN

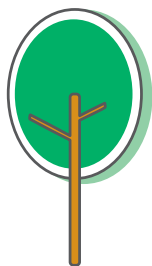
3

Control

List the things in your life that you can control.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Now, cross anything off that involves other people. The only things you can control are your own actions and behaviors. If you feel stressed this week look at this list and focus on what you can control.



Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

JUN  
10

## Coloring Coop

Color your way  
to calm with this  
happy illustration.



Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



JUNE  
STRESS

JUN

17

Relax

What are the stressful things in your life that interrupt your zen?

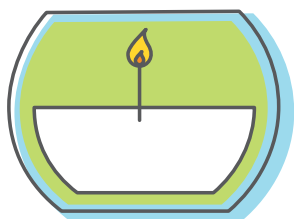
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Sit outside and look at the stars, enjoy some chamomile tea, meditate or do what makes you feel calm.

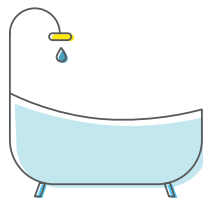


List something you're *grateful* for: \_\_\_\_\_

# JUN 24 What do you need?

During periods of stress, many people take shortcuts when it comes to their basic needs.

Circle basic needs that you tend to neglect during high stress periods: **sleep, healthy diet, exercise, medical appointments, personal hygiene, social/love needs, managing addictions, other.**



What are some steps you can take to meet your basic needs when you get too stressed?

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



JUNE  
STRESS

# Conscious Cooper

List the things which cause stress and tension in your life.

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How does this stress and tension affect you, your family and your job?

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What can you remove from your life that causes you stress?

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List something you're *grateful* for: \_\_\_\_\_

JUNE



Anxiety

## Understanding Anxiety

Anxiety can make you feel tense, worried, and even causes physical changes like increased blood pressure. **You might feel anxious when faced with a problem at work, before taking a test, or when you're meeting your latest match on Tinder.** Everyday anxiety is normal and natural, when anxiety begins to feel uncontrollable, unmanageable, or starts to interfere with your daily activities, seeking treatment is important.

In some circumstance normal anxieties can be positive: motivation, a built-in warning system, or carefully making decisions. But, if Anxiety is interfering with you living your best life reach out for support!



JUL

1

# Quiet & Mindful

Quiet your mind for one full minute.

Which thoughts if any did you have trouble quieting? Where are you usually, not physically, but mentally. Are you present in your relationships? Are you mindful?

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

JUL

8

# Imperfection

While striving to be better is healthy, sometimes we get so wrapped up in trying to be perfect that we rob ourselves of living an authentic life. One of the best ways to beat perfectionism is to get comfortable falling. This can mean trying something you've never done before or something you aren't particularly good at.

What are a few things you can do that get you out of your comfort zone? For example, signing up for a 5K or something as little as cooking with a more challenging recipe than you're used to.

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



# JUL 15 Worry Jar

Visualize a container. What does it look like? Where will you keep it in your home? When you feel stressed, anxious, angry or sad visualize putting these things into the container, so you can worry about them later.

What do you want to put in there?

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List something you're *grateful* for: \_\_\_\_\_

JUL  
22

#WokeUpLikeThis

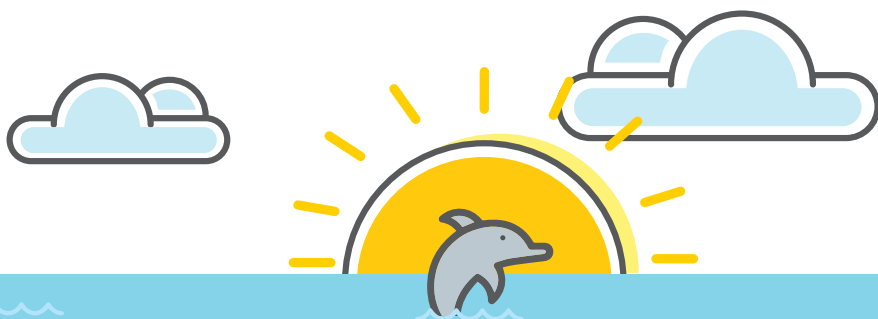
When have your first thoughts of the day given you anxiety?  
Create a mantra or simple phrase to help calm your mind the next  
time this occurs. Write the mantra you'd like to use this week below.  
For example "All will be ok" or " This will pass".

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



JUL  
29

## Vivid Happy Place

Visualize your happy place. When your at dentist and you hear the drill, go there. It can be anywhere but make sure its detailed in your mind. The smell, color and feel of the sand. The color, mist and coolness of the water. When you feel anxiety go there and hang out, walk around, look at things, feel things, touch things. Just stay there for a while and enjoy it while your mind and heart rest. Describe in vivid detail your Happy Place.

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List something you're *grateful* for: \_\_\_\_\_

# Conscious Cooper



Some thought-provoking  
questions for the  
*Philosophical.*

Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



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How does Anxiety impact your life?

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Are my worries controllable or solvable?

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Do you struggle with minor decisions? If so, how can you trust yourself to make decisions?

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List something you're *grateful* for: \_\_\_\_\_

**AUGUST**



## **Relationships**

### **Healthy Relationships**

Relationships are one of the most important aspects of our lives. Our connections with other people impact our physical and mental health and wellbeing.

People who are more socially connected to family, friends, or their community are happier, physically healthier and live longer, with fewer mental health problems than people who are less connected.

It's not just the number of friends you have, and it's not whether or not you're in a committed relationship, but it's the quality of your close relationships that matter. Living in conflict or within a toxic relationship is more damaging than being alone.

Relationship conflict is natural and has functional, positive aspects that provide opportunities for growth and understanding. Managing conflicts effectively builds stronger, happier relationships.



AUG

5

## Happy People

List the people that make you **feel happy and energize you**.  
Contemplate what it is about these people that make you feel great. Set a date to spend time or chat with one of them this week. If you have freindships that need healing, pick up the phone and call. Peace in relationships results in peace in your life.

1.

2.

3.



Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

AUG  
12

# You Are Loved!

List some of the reasons why people love you. Now go ask someone close to you why they love you. Its tough, but makes for a wonderful bond building relationship.

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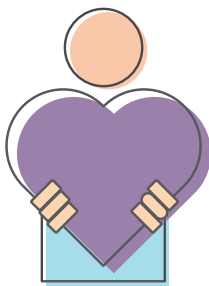
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Rate Your Mood:

*Circle One!*



FEELING  
DOWN

FEELING HAPPY  
& CONTENT



AUG  
19

## Who Cares?

Who are the people that show you love? Whether it's through words, gestures, or actions, write down how you know they care.

**Person who *cares* about me:**

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**How they *show* it:**

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List something you're *grateful* for: \_\_\_\_\_

AUG  
26

## The Tail doesn't Lie

Cooper loves people. Why, well the tail tells it all, it doesn't lie. If you have a pet, you know the unconditional love and joy they can bring. Cooper is probably the biggest cheerleader of all people at Tcwglobal. As soon as she sees you, she wags and wiggles and likes and jumps and celebrates YOU. How can you be a bit more Cooper to others? Do you say hi with a huge smile or do you just ignore people and go one your way. Do you show joy and gratitude each time you see your spouse and kids and friends and family? Make a commitment to be more like Cooper with your relationships and write how.

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



# Conscious Cooper

Who are you most grateful for?

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How do you positively effect someone's life?

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How do you show your love for others?

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How do you prefer others show you love?

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List something you're *grateful* for: 

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**SEPTEMBER**



**Work**

## **Fostering a Healthy Work Life**

According to the Gallup Organization, people who have a best friend at work are seven times more likely to be engaged in their jobs.

People are more likely to go along with changes that we want to implement, and we're more innovative and creative. Good relationships give us freedom: instead of spending time and energy overcoming the problems associated with negative relationships, we can focus on opportunities.

Remember to appreciate others, be positive, avoid gossiping, and listen actively. Enjoy all of the parties, happy hours, and events and meet some of your awesome co-workers.

SEPT

2

\*NoFilter

When you are reacting to a situation sometimes the things you first want to say are not the best option. Instead of reacting, focus on reflecting and then choose your response. Below is a great exercise to practice this.

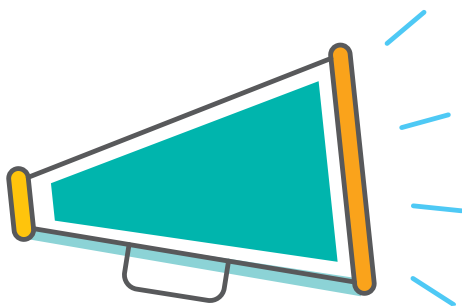
How can you take a pause and filter your reaction?

What I wanted to say: \_\_\_\_\_

Likely Result: \_\_\_\_\_

How I should say it: \_\_\_\_\_

Hopeful Result: \_\_\_\_\_



Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

SEPT

9

## Engagement @ Work

Being happy or engaged at work is essential to Mental Wellness. Your job is part of your purpose as a human and makes you feel fulfilled, a contributor to the betterment of society and provider for those that depend on you. Are you engaged at work? Are you giving your employer the best of you or the least of you? Although it may seem giving the least of you is easy, it will take a toll on your wellness, character and integrity. How can you be more engaged at work?

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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT





SEPT

16

## The Cycle Of Thanks

Thanks can transform your day. Make a habit of writing one thank you email each morning. Maybe someone brought you coffee, open the door for you, gave a huge smile, did some extra work or just made you feel good. Write down 5 things you want to thank co-workers for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Hold onto your note and take a look at it when you feel overwhelmed or frustrated.



List something you're *grateful* for: \_\_\_\_\_

SEPT  
23

## A Little Help From My Friends

What are some ways you can help others?

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What are supportive ways you can respond or help people in stressful situations without taking on their stress?

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### *Did You Know?*

Recent research suggests that helping others regulate their emotions helps us regulate our own emotions, decreases symptoms of depression and ultimately, improves our emotional well-being.

Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



SEPTEMBER  
WORK

SEPT

30

# Happy Work Habits

What “bad” habits have you developed at work? How can you make them positive habits?

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Now, choose one of these habits and set some reasonable goals you can work to achieve to change this habit. Decide on a realistic schedule that will work for you based on goals that you believe you can meet. For example, if you are always late, plan on waking up 10 mins earlier every day this week and see what happens.

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List something you're *grateful* for: \_\_\_\_\_

# Conscious Cooper



Some thought-provoking  
questions for the  
*Philosophical.*

Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



Is there anyone at work that you feel connected to, write them a thank you note.

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How can you show appreciation to your boss and team? Do something this week.

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Have you had any workplace conflicts you wish you would've handled differently? Did you apologize to the person?

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What can you do when you feel overwhelmed or frustrated with a colleague? How can you remain calm?

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List something you're *grateful* for: \_\_\_\_\_

OCTOBER



## Personal Growth & Helping Others

### The Finish Line

You made it! This is the last portion of our brief journey. We hope you understand what it takes for you to be mentally healthy. You're more self-aware and know how to take care of your mind. You have a greater understanding and appreciation for others and what they might be going through. You feel more confident in fostering healthy relationships. Hopefully you can experience true gratitude and authenticity. You have learned how to appreciate yourself and those around you. You can be more present and find joy in the little things in life. Take the time and effort to take care of yourself. Now you can help others to do the same.

OCT

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Passion

List everything you feel passionate about and love to do, but neglect. Plan an afternoon this month that you devote to exploring and investing in you. Maybe invite someone who needs a good friend along if appropriate.

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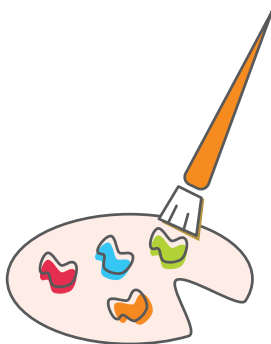
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Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT

# OCT 14 Karma

Have you ever been so annoyed with someone you wanted to get revenge or let it eat away at you? Anger is usually anything but subtle. It has potent physiological effects. You feel it in your chest. You feel it in your head. You feel it coursing through your body. Nevertheless, anger can be insidious.

First, start by acknowledging something that has angered you. Write it below. *Was it not refilling the water in the coffee maker or taking your parking spot?*

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Let the little things go and find five ways you can make someone happy.

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Rate Your Mood:

*Circle One!*



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FEELING HAPPY  
& CONTENT





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## Listening

List the times when someone didn't listen to you and **not because you were near the construction going on in the mezzanine**. How did it make you feel?

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Consider not talking when someone is speaking to you. How can you be a better listener?

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List something you're **grateful** for: \_\_\_\_\_

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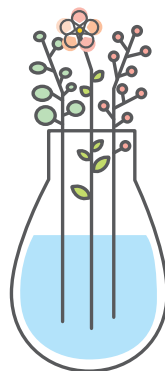
## Joy of the Day

Come back to this page everyday this week and write down something that sparked joy. Each entry will be a nice reminder that there is always something good to be found in our daily lives.

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### Examples....

What do I like about my life?  
Have I done enough for myself?  
How can I help someone I care about?



Rate Your Mood:

*Circle One!*



FEELING  
DOWN



FEELING HAPPY  
& CONTENT



OCTOBER

PERSONAL GOALS &  
HELPING OTHERS

# Conscious Cooper

What do I like about my life?

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Have I done enough for myself?

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How can I help someone I care about?

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How can I positively impact someone's life?

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List something you're *grateful* for: 

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# Mind Align

A People *Happiness* Journal

TCWGlobal