

# Online Activity Your Emotional IQ

## 1

It can be hard to identify what emotions you are experiencing in each moment for three reasons:

- Emotions are often confused with thoughts (judgments or reactions). For example, “I feel taken advantage of” is a thought about a situation, when the feeling might be “I feel annoyed that the person does not appreciate me.” People frequently start off saying “I think I feel” even when what follows tends to be a thought, not a feeling.
- More than one emotion can be felt at the same time. For example, “I feel excited about graduating from high school, but I am also terrified about starting over and sad to leave home and my friends.”
- Emotions and physical sensations are directly connected and can impact each other. For example, “I hurt my back and then felt irritable around people,” or “I was anxious and then got butterflies in my stomach, which made me almost pass out!”

You have the power to shift your emotional state. Here’s a fun challenge for you to try: The next time you are either angry or nervous, put a gentle smile on your face; while it may seem awkward or cheesy to “turn your frown upside down,” it’s nearly impossible to not feel a wave of positive feelings come over you when you do this.

How has your emotional state changed by smiling?

---

---

---

---

---

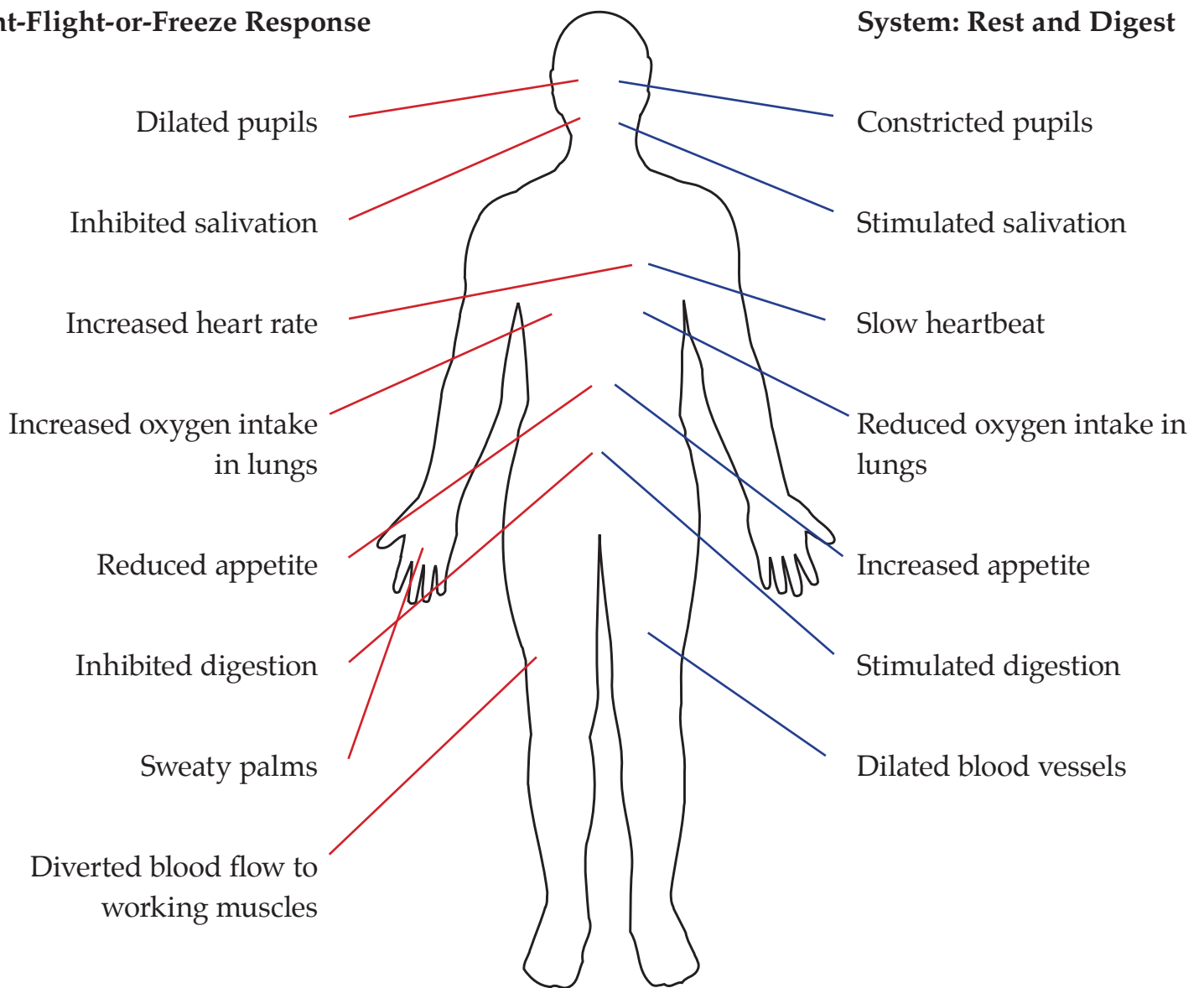
# Online Activity 2

## Fight-Flight-or-Freeze Response in Your Body

Every individual feels the fight-flight-or-freeze response differently. Below is a diagram of how your body may respond in a stressful situation when the sympathetic nervous system is activated (left side) and what happens in your body when the parasympathetic nervous system is working (right side) to keep you calm.

### Sympathetic Nervous System: Fight-Flight-or-Freeze Response

### Parasympathetic Nervous System: Rest and Digest



# Online Activity

## 3 Super Senses: Beyond the Big Five

It used to be commonly believed that humans have five senses. As science and technology continue to advance, researchers around the world have recently been arguing that this is way too simplistic and that there are, in fact, many more senses. Some neuroscientists now claim that each of the five senses is more complex than originally believed and can be separated into a few unique but related senses (for example, sight can be further divided into brightness, color, and depth). Pain and itching sensations also have different receptor systems from touch. There are reports suggesting that there may be seven or nine or sixteen—or even twenty-two potential human senses! Will the number continue to grow?

### proprioception

Close your eyes and touch your hand to your forehead. Although you can't see it, you know where your hand is. Sensors in your skin, joints, and muscles work together so you are aware of where your body parts are in a specific moment. This sense of knowing where your body parts are seems pretty commonsense, but think about having to constantly look down at your feet to make sure they are planted on the ground beneath you.

### thermoception

Fire and ice! Can you guess what this one is? Thermo, like thermometer, is your sense of hot and cold. Imagine if you couldn't sense that your body was freezing cold or that you had a major fever.

### equilibrioception

Your sense of balance helps keep you upright while you stand, walk, ride a bike, or snowboard down the slopes. Your light sensors in your eyes work with your balance sensors in your inner ear to tell you where you are in space and help you balance.

## temporal perception

It's amazing how time can fly when you're having fun, but it can drag when you're doing something you dread. Sure, it can be subjective, but your sense of time and that internal clock everyone has is connected to several parts of the brain and has biological roots. Infants and children can sense this internal clock even more than many adults.

Tuning in to your senses can help you to be mindful and reduce self-harming behaviors, thoughts, and feelings. Practice paying attention to one of these *super senses* right now; list it here.

---

What did you notice in your body?

---

---

---

---

How did this super sense overlap with any of the other five senses (touch, sight, smell, taste, or hearing)?

---

---

---

---

---

---

---

---

# Online Activity    Mindfulness in the Mundane

## 4

The informal practice of mindfulness can be integrated into everything you do, even the seemingly mundane tasks of daily living. For example, you can be mindful while showering, brushing your teeth, walking your dog, doing your homework, texting a friend, eating dinner with your parents, changing your clothes, or cleaning your room. The more you integrate mindfulness into your daily living and are present and aware in each moment, the greater your opportunity to tune into pain and discomfort when it arises and deal with it in a more positive and nourishing way than self-harming.

What other tasks can you think of to add to this list?

---

---

**Pick one task you can do today and bring mindful awareness to doing it.**

What did you choose?

---

What did you see when doing this task?

---

What did you hear?

---

What did you taste?

---

What did you smell?

---

What did you feel (physically)?

---

What thoughts and feelings came up during this task?

---

---

---

How was this experience different for you from the way you usually do this task?

---

---

---

**Try doing this same task the next time you are feeling the urge to self-harm.**

# Online Activity 5 Halting FEAR

Similar to the acronym HALT (which stands for hungry, angry, lonely, tired), FEAR has been said to have its own acronym: **F**alse **E**vidence **A**ppearing **R**eal. There are times when fear can halt you and stop you from achieving health, happiness, and well-being. Sometimes people fear things that don't need to be feared or aren't even real, like fearing a monster in the closet that isn't there. There is no evidence to support it, so the fear can be halted and ended.

Can you halt your fears? Follow these steps:

- List your fears in the “Your FEAR” column.
- Next, check in to determine whether each is true/real/factual. Answer “yes” or “no” in the middle column, and explain why you chose that answer.
- If you answer “yes,” it is suggested that you work with a therapist, family member, school professional, or someone you trust to discuss this fear.
- If you answer “no” to any of your fears, move on to the last column and consider what you can do to halt that fear and let it go for now. Letting it go means that you don't need to hold on to the fear, worry about it, or ruminate about it. When it pops into your head, just remind yourself that it is a fear; it isn't true, real, and factual. Bring yourself back to whatever it is that you are doing and remember that you want to let it go. You can even create a “let-it go” box and put in it whatever fears are holding you back from your health, happiness, and well-being.

## Halting Your FEARS

Your FEAR	Is it true/real/factual?	What can you do now?
Example: <i>I am a fake and a phony; no one knows the real me.</i>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <i>I have no proof that I am a fake or a phony.</i>	<i>When the thought and fear come back, I can remember that I can let them go and halt my FEAR.</i>

Your FEAR	Is it true/real/factual?	What can you do now?
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Yes <input type="checkbox"/> No	



# Online Activity    Creating Your Mantra

## 6

A mantra is an ancient practice developed by wise spiritualists centuries ago that aids people in manifesting their thoughts into reality. The Sanskrit word comes from the root *man* (to think, or the mind) and *tra* (tools or instruments). So a mantra is literally an “instrument of thought/of the mind.” The idea is that you are an agent of change and capable of being the person you desire and living the life you want. Repeating a personal mantra helps you put your intentions out there so that you can be, have, and do what you most desire in this precious and beautiful life.

### creating your personal mantra

There is no right or wrong way to create your personal mantra. It is just that: personal. It is based on your own individual beliefs and experiences. It is a unique expression of what you most desire and value. To develop your mantra, create a space that is calm and free from distractions, and perhaps even play soothing music and light a candle or incense. Spend some time completing the sections below, without judgment or censoring. Just let the words flow freely.

First, write down what you most deeply want to be, have, and do. For example:

*I want to be: patient, at peace, joyful, a writer*

*I want to have: love, confidence, freedom, flexibility, travel experiences*

*I want to do: purposeful work, get a master's degree...*

---



---



---



---



---



---



---



---

Second, reread everything you wrote above several times, silently and then out loud. Let the words sink in. Choose a few that most closely resonate with what you most deeply want in this moment, at this point in your life. Write them here in a declarative statement, as though you already have them and they are reality; for example, *I am joyful, and I have love and confidence in my life.*

---

---

---

---

**mindful takeaway in the moment** A personal mantra is a positive phrase or statement that you write or say out loud to motivate and encourage you to reach a goal.

## using your mantra

To keep yourself motivated, inspired, and encouraged, it is helpful to refer back to your mantra regularly. Do whatever is most helpful for you personally to make this happen. This may mean writing it on an index card and putting it up on your wall or mirror. Perhaps you'll type it into your phone and store it somewhere you can see it easily.

You can also sit in quiet mindfulness practice with your eyes closed or do a walking mindfulness practice for five to ten minutes a day, repeating your mantra. Pay attention to what arises. Start to notice how switching the negative thoughts that often fly around in your head off and turning instead to a positive mantra affects your life.