

MindCloud



By GenerationTextOnline.com

Narrator: Do you find yourself feeling unmotivated? Perhaps you feel overwhelmed? Are you scared someone you love will get sick? Is your family stressed and full of anxiety?

Narrator: When we are feeling some of these negative feelings, it is helpful to use a strategy from a thinking process we call The Eight Essential Questions. In a previous lesson we talked about Question 5 where we look at things we can and can't control. We made a T.

Narrator: Today we are going to do something similar. Take a moment and imagine that all of the worries, annoyances, problems or things that make you uncomfortable are swirling around in your head.

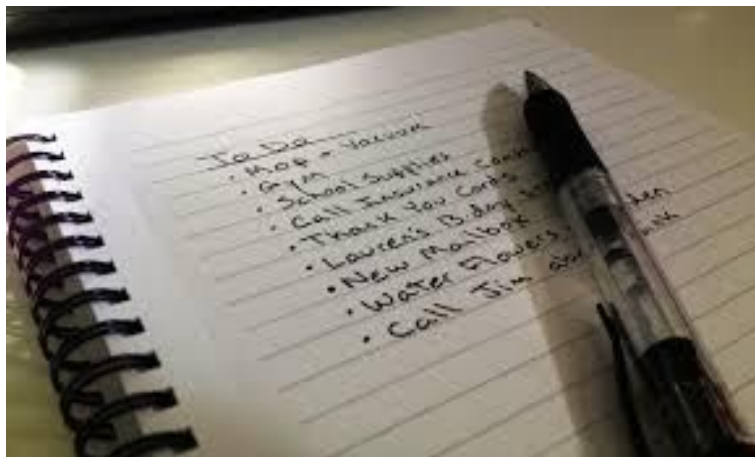


Narrator: In order to tackle any of the worries or tasks that are weighing on you, we have to first get them out of your head and onto a piece of paper. Once these things are on a piece of paper we can begin a process that will help us see exactly how we can deal with the things that are causing these uneasy feelings. Set the timer on your phone for 10 minutes and then write down anything that comes to you in those 10 minutes.





Narrator: The idea is that we are going to make a list either on paper or in the notes app of our phone of all the things we have to do today. The only rule of this exercise is that you can only write down tasks for today. Don't worry if you don't think you can accomplish all of it. Just write it down. The exercise for today is to help you focus on **ONLY** the things that are in your control and the things you can get done before bedtime.



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