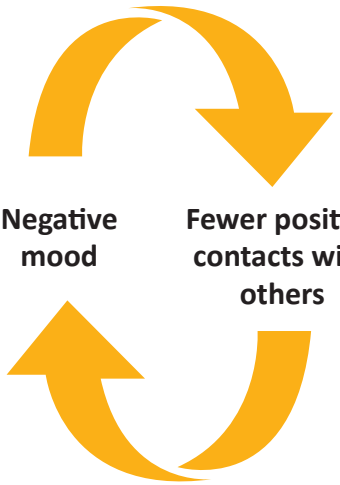
WORKSHEET 7.1:
RELATIONSHIP BETWEEN MOOD & CONTACT WITH OTHERS

- What kind of interactions do you have with people when you are feeling down or stressed?
- How do you think having less contact with others might effect your mood?

When we are feeling down we usually:

- Have less contact with others, and we avoid them
- Have lower tolerance, feel more irritable
- Act quieter and are less talkative
- Become more sensitive, others' behavior affects us more
- Trust others less



When we have fewer positive contacts or more negative contacts with others we usually:

- Feel lonely
- Feel sad
- Feel angry
- Feel like no one cares
- Feel more depressed

Does a negative mood cause people to be less sociable?

OR

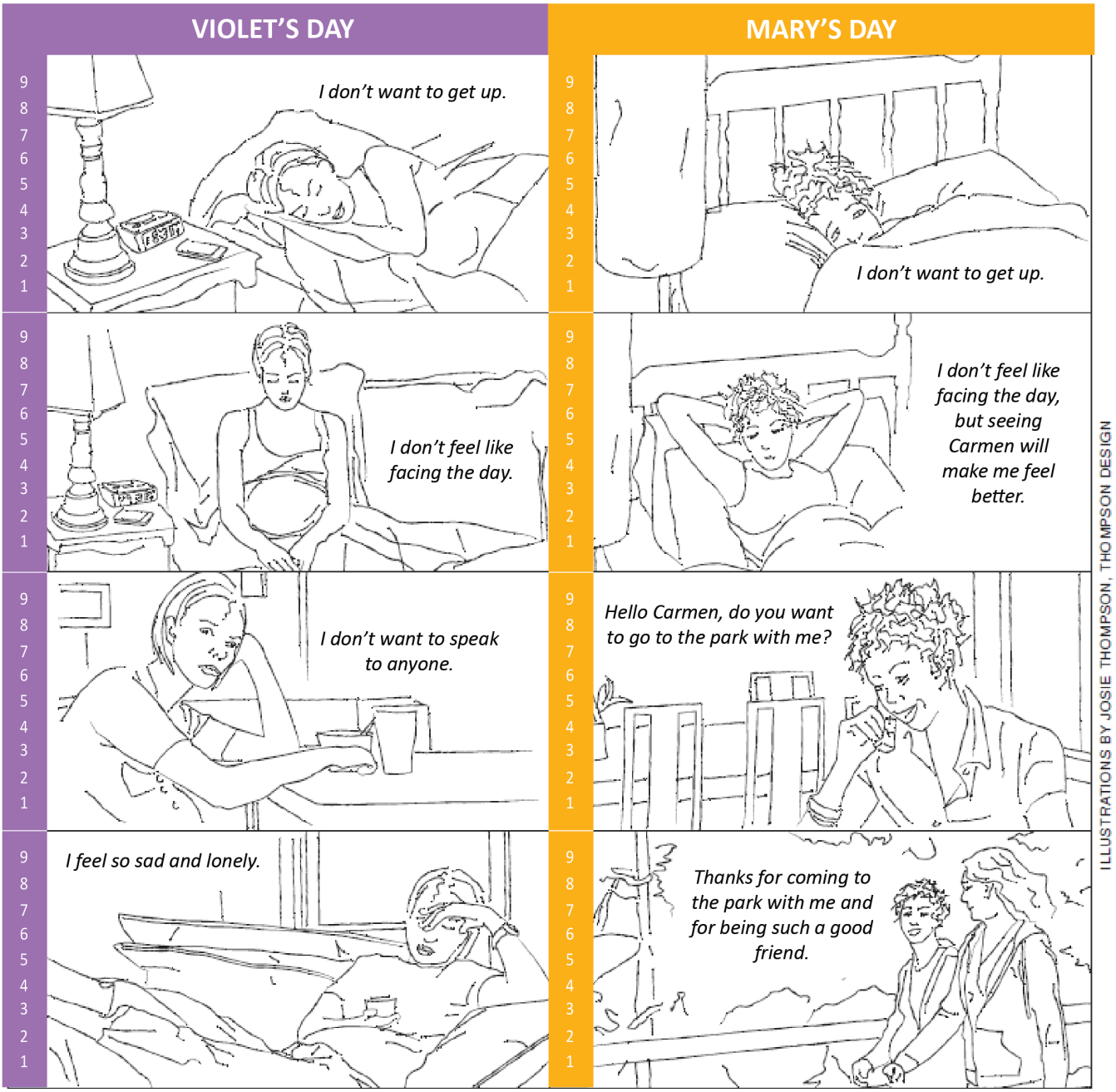
Does being less sociable cause a negative mood?

The answer is probably both.

WORKSHEET 7.2:
VIOLET AND MARY'S DAYS

INSTRUCTIONS:

Violet and Mary are both 7 months pregnant. Circle the number on each panel that indicates what mood you think each woman is having.



WORKSHEET 7.3: MINDFULNESS PRACTICE
WEB OF LIFE

Adapted from Stahl, B. & Millstine, W. (2013). Calming the Rush of Panic. Oakland, CA: New Harbinger Publications, Inc.

Begin by checking in. Begin by taking a few moments to arrive and settle in by bringing your awareness into your mind and body. Acknowledge how you are feeling and let it be.

Gently shift to mindful breathing, being aware of breathing in and out. Just breathe in and out, normally and naturally.

Shift attention to where you are sitting. Begin to feel the connection of your body on the chair, cushion, bed, or mat, and feel its connection to the floor. Reflect on the connection of the floor to the building you are in and its connection to the earth farther below.

Let your awareness expand to include the earth below you. Feel that sense of being held by the earth below you, and just allow yourself to be held by the earth. You are in a safe space and you can breathe in and out with ease in your body and mind.

Feel how the earth rises up to hold and embrace you. There is nothing more you need to do, nowhere you have to go, and no one you have to be. Just being held in the heart of kindness and letting be.

Bring to mind someone you would hold this way. Think about other loved ones being held in the same way—with safety and ease of body and mind. Notice how thinking of these loved ones makes you feel, and try to hold onto that feeling for the rest of this exercise.

Reflect on how this earth holds all people, whether they are acquaintances, strangers, or people who test your patience—with no bias, no discrimination or judgment. Reflect on how this earth connects us all, and is connected to a solar system and universe. We all are interconnected. Our bodies and the earth, the sun and the stars, are composed of the same matter—the same basic particles, joined in different ways. Feel that sense of connection that we are all made of stardust. Feel that sense of being home within your body and mind with a true sense of belonging and connection.

Let well-wishes form. We will call these loving kindness phrases. Remind yourself that:

WORKSHEET 7.3:
LOVING KINDNESS PHRASES

- We all belong in this universe and we all want to feel a sense of belonging.
- We all deserve to be loved; may we love ourselves and love others.
- We all deserve to be safe and protected; may we be safe and protected, and may we protect others.
- We all deserve to be nourished and healthy; may we seek health and nourishment, and may we nourish others.
- We all deserve to be at peace; may we be at peace with ourselves and bring peace to others.

Return your attention to the breath. Just breathing in and out, feeling the grace of this universe—no isolation or separation, feeling that sense of connection and being at home in your being. Nothing more you need to do, go, get, or push away. Imperfectly perfect as you are, resting in the heart of this universe.

Continue letting well-wishes form toward yourself as you bring your attention back to the room. We will call these our loving kindness phrases; you can repeat these to yourself at any time you feel they might be useful for you.

WORKSHEET 7.4:
QUICK MOOD SCALE & CONTACT WITH PEOPLE

- Every night before going to bed, circle the number 1-9 that best represents your mood
- At the bottom of each column you will find a space where you can note how many positive and negative contacts you have each day. See if there is a relationship between how you feel and the people you have contact with

	MON	TUE	WED	THU	FRI	SAT	SUN
DATE:	_____	_____	_____	_____	_____	_____	_____
BEST MOOD	9	9	9	9	9	9	9
	8	8	8	8	8	8	8
	7	7	7	7	7	7	7
	6	6	6	6	6	6	6
AVERAGE	5	5	5	5	5	5	5
	4	4	4	4	4	4	4
	3	3	3	3	3	3	3
	2	2	2	2	2	2	2
WORST MOOD	1	1	1	1	1	1	1
Number of POSITIVE contacts:	_____	_____	_____	_____	_____	_____	_____
Number of NEGATIVE contacts:	_____	_____	_____	_____	_____	_____	_____