

**CREATE
A GREAT
DAY**



PHYSICAL

- Excessive Perspiration
- Chest Pains/Elevated HR
- Frequent Colds/Illness
- Nausea, Dizziness, Headaches
- Muscle Tension
- Sleep Disturbance
- Increased Breakouts
- Nausea
- Indigestion
- Sweating
- Flushing (feeling hot)
- Low Energy
- Weight Gain/Loss
- Difficulty Breathing

BEHAVIORAL

- Increased/Decreased Appetite
- Nervous Habits (nail biting, fidgeting)
- Difficulty/Irregular Sleeping
- Excessive use of alcohol, cigs, drugs
- Impatience/Carelessness
- Sleeping Too Much/Too Little
- Social Withdrawal
- Aggression/Hostility
- Defensiveness/Suspiciousness
- Using Substances to Relax
- Problems Communicating
- Procrastinating
- Overreactions

EMOTIONAL

- Feeling Down
- Feeling Overwhelmed
- Irritability (Short Fuse/Temper)
- Inability to Relax
- Anxiety/Sadness
- Moodiness/Grumpiness
- Low Self-Esteem
- Depression/General
- Unhappiness
- Feeling Loss of Control
- Frequent Crying Spells
- Suicidal Thoughts
- Moodiness
- Apathy
- Agitation
- Feelings of Guilt & Shame

COGNITIVE

- Memory Problems
- Inability to Concentrate
- Constant Worry
- Anxious/Racing Thoughts
- Only Seeing the Negative
- Difficulty in Decision Making
- Trouble Learning New Information

THE MAKO METHOD
SUPPORTING PRACTICES



AFFIRMATIONS

I AM _____

I AM _____

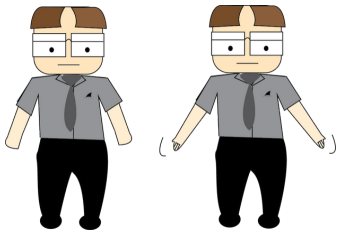
I AM _____

I AM _____

I AM _____

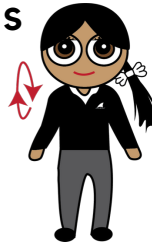
I AM _____

STATIC & MOVING PRACTICES



SUN BREATHS

- Breathing in, tense up your fists
- Breathing out relax & release the hands
- Repeat 5 times



SHOULDER MOVEMENTS

- As you breathe in, slightly lift your shoulders towards your ears
- As you breathe out, slowly lower the shoulders back down
- Repeat 3 times



BELLY BREATHING

- Sit or lie flat in a comfortable position
- If it feels okay, place a hand (or both) on your belly
- You may feel your belly rise into the hand as you breathe in & fall back towards the spine as you breathe out
- Try to relax the muscles around the belly & continue breathing deeply



SIDE STRETCH

- As you breathe in, lift the arms overhead (feel free to hook the thumbs, keep the arms apart, or keep the arms down if this is too much on the shoulders)
 - As you breathe out, reach towards the right (just enough to get a stretch)
 - As you breathe in, stand up tall
 - As you breathe out, reach towards the left
- Repeat 3 times on each side

GRATITUDE
PEAK & PIT



JOURNALING

EXPRESS EMOTIONS

"IF" QUESTIONS

LISTS

QUOTES

PROMPTS

FIND THE GOOD

PERSPECTIVE
BUILDING

10/90

A

ACTIVATING EVENT

+

B

BELIEF

=

C

CONSEQUENCE

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