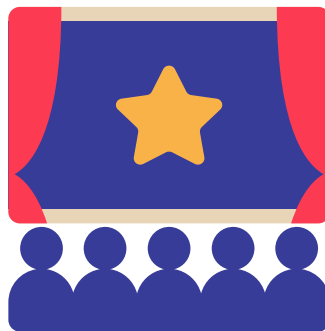




## Everyday Mindfulness: Managing Your Mind Week 5

Believing  
everything  
our mind  
tells us can  
be unhelpful

Mindfulness  
helps us gain  
distance from  
unhelpful  
thoughts



We can step back from our thoughts if we want to, and see them for what they are - just words and images that play through our minds.



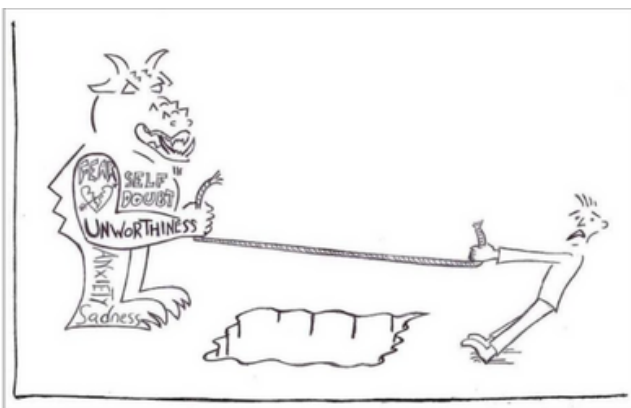
## Everyday Mindfulness: Managing Your Mind Week 5

When you're having an unhelpful thought,  
try putting 'I'm having the thought that...' in  
front of it to gain some distance

E.g. 'No one likes me' would  
become  
'I'm having the thought that  
no one likes me'



You could take this further by thinking  
'I **notice** I'm having the thought that no one likes me'



Practise letting go of  
unhelpful thoughts.

Allowing them to be  
there, instead of  
getting into a tug of  
war with them.





## Everyday Mindfulness: Managing Your Mind Week 5

Identify what stories your mind tells you and practise acknowledging them by name when they pop into your head

Name of the story:

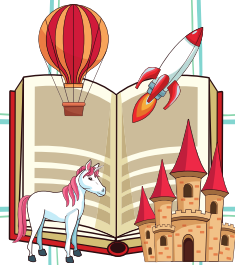
E.g. The 'No one likes me' story

Other ways this story shows up:

E.g. 'I'm boring'  
'They're only talking to me because they feel sorry for me'  
'I'm annoying everyone'

Name of the story:

Other ways this story shows up:



Name of the story:

Other ways this story shows up:

Name of the story:

Other ways this story shows up:

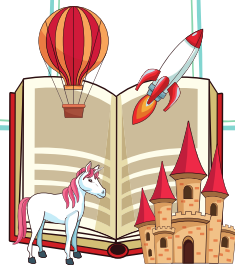




## Everyday Mindfulness: Managing Your Mind Week 5

Identify what stories your mind tells you and practice acknowledging them by name when they pop into your head

<p>Name of the story:</p>       <p>Other ways this story shows up:</p>	<p>Name of the story:</p>       <p>Other ways this story shows up:</p>
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Download Mindfulness of Thoughts from our website  
[www.valleyssteps.org/student-mindfulness/](http://www.valleyssteps.org/student-mindfulness/)



Use the Mindfulness Journal to keep track of what you've done

