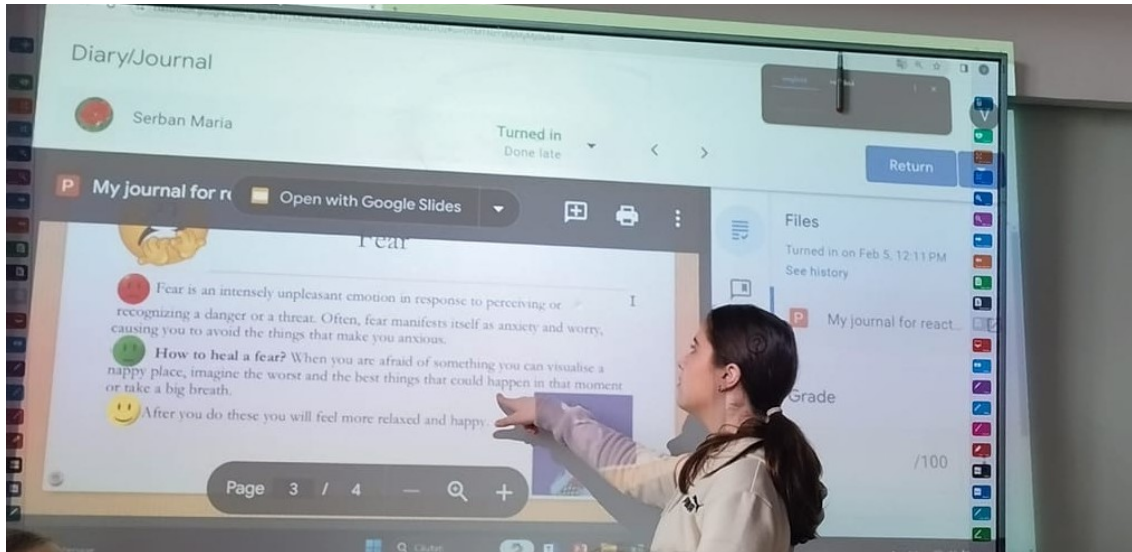


## WP4 Mindfulness

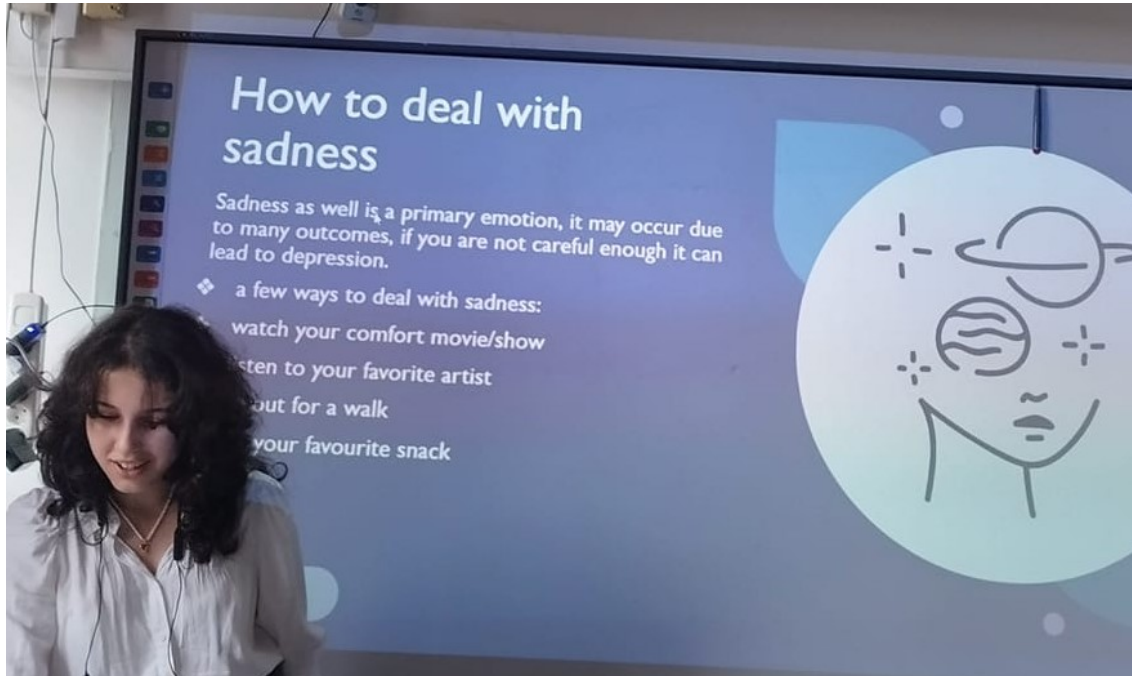
### 3. My journal for reactions:

-objective: Participant teachers and students at School No 195 wrote, within a week, each day, 1 reaction they had that day, the event and cause of that reaction, how they managed that reaction.

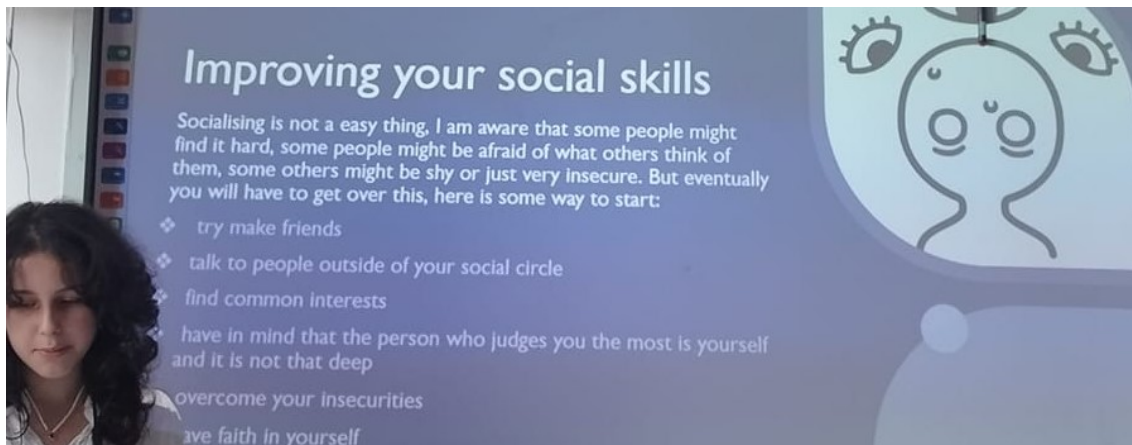


- expected outcome: 3 DO IT! Diaries at School No 195. Every participant had “My journal for reactions”, in which they reflected on their own reactions and solutions to those reactions. Students at School No 195 worked and presented their "Journal for Reactions", reflecting on their own reactions and solutions to those reactions.

- methodology: "DO IT! journal for reactions" gets a better understanding of mindfulness results. In the journal, pupils wrote about and discovered new techniques to become mindful. For one week, from Monday to Friday, they identified and used different techniques they could apply at home, at school.



Pupils learnt to improve their mental and emotional well-being; to develop social, intellectual skills writing "My journal for reactions" After one week, teachers debated with students on reactions written in their journals, exchanging experiences, trying to find best solutions to control reactions, to turn them to positive ones.



The next week, they worked to mend their relationship with each person that had caused a certain reaction, within 2 weeks, by working on problems caused by reaction issues, talking to that person at least twice a week.

# How to improve you emotional well-being during stressful times

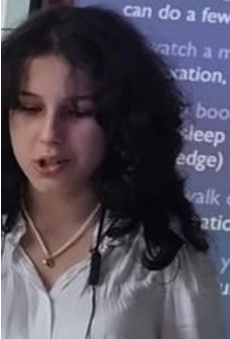
Stress can be easily mentally draining especially when you are young. For example when a big exam is approaching, you may start overthinking and stressing to a point where you cannot think. Anxiety can be suffocating so to keep your mind clear you can do a few of these activities:

Watch a movie (it's a great way of escapism, it helps with relaxation, you can also learn some new facts)

Read a book (reading builds your vocabulary and it can also help with sleep improvements and it also enhances your knowledge)

Walk outside (especially in the morning, fresh air helps with relaxation and it can also improve your health)

Write down your feeling (journaling is a great way to gain insight into your emotions)



# My journal for reactions

by Radoi Maria Casia





# How to improve you emotional well-being during stressful times

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- ❖ write down your feeling (journaling is a great way to gain control of your emotions)



*Stress  
less*



# How to deal with anger

Anger is a primary emotion and its very common. Anger can lead to many bad outcomes if it's not managed. Here are some healthy ways to manage anger:

- ❖ take deep breaths
- ❖ count to 10
- ❖ talk to a friend
- ❖ take a cold shower



# How to deal with sadness

Sadness as well is a primary emotion, it may occur due to many outcomes, if you are not careful enough it can lead to depression.

- ❖ a few ways to deal with sadness:
- ❖ watch your comfort movie/show
- ❖ listen to your favorite artist
- ❖ go out for a walk
- ❖ eat your favourite snack





# Improving your social skills

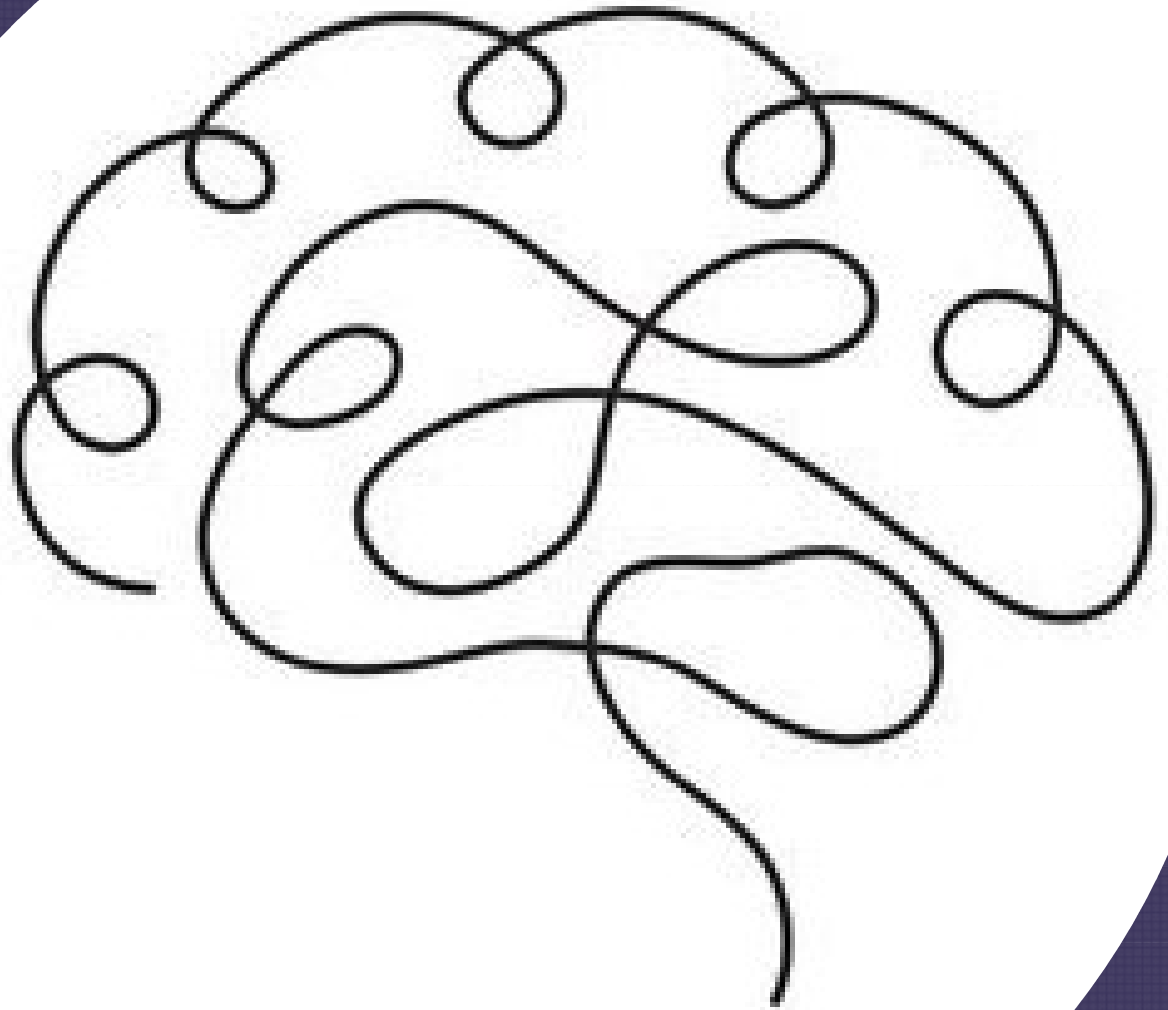
Socialising is not a easy thing, I am aware that some people might find it hard, some people might be afraid of what others think of them, some others might be shy or just very insecure. But eventually you will have to get over this, here is some way to start:

- ❖ try make friends
- ❖ talk to people outside of your social circle
- ❖ find common interests
- ❖ have in mind that the person who judges you the most is yourself and it is not that deep
- ❖ overcome your insecurities
- ❖ have faith in yourself





Thank  
you for  
your  
attention!



# My journal for reactions

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By: Bolma Sofia, Cristescu Ioana and Serban Teodora



# Angriness



Angriness is an emotion that can appear when someone hits you, say something bad to you or when you get a bad mark



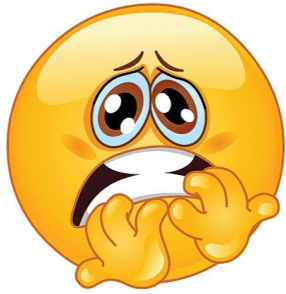
**How can you heal anger?** When you feel angry, you can read a book, listen to music or count to 10.



After you do these you will feel better! You will be happy and relaxed.







# Fear



Fear is an intensely unpleasant emotion in response to perceiving or recognizing a danger or a threat. Often, fear manifests itself as anxiety and worry, causing you to avoid the things that make you anxious.



**How to heal a fear?** When you are afraid of something you can visualise a nappy place, imagine the worst and the best things that could happen in that moment or take a big breath.



After you do these you will feel more relaxed and happy.





# Sadness



Sadness can manifest itself in many ways, such as: lack of interest in activities, lack of appetite, insomnia and weak memory.



**Sadness can be cured by:** meditation, rest, keep a open mind, offer care and love to those around you and take long walks.



After sadness comes happiness which once appeared will not disappear easily!



*Dear Diary,*

This journal is my heaven for self-reflection, a canvas to capture the nuances of my reactions and unveil the solutions to life's challenges. Through this exploration, my goal is to unravel the layers of my identity, nurture my mental and emotional well-being, and cultivate the crucial social and intellectual skills necessary for growth.

### *Monday*

The school day brought an unexpected challenge: a misunderstanding with a classmate. The initial surge of frustration threatened to consume me. Recognizing this, I sought refuge in a mindful pause. I found a quiet corner, closed my eyes, and let the rhythm of deep breaths anchor me. The act of grounding myself allowed for a shift in perspective, enabling me to approach the situation with a renewed sense of calm.



### *Tuesday*

Returning home, the weight of multiple assignments threatened to overwhelm me. Sensing stress creeping in, I decided to experiment with mindfulness meditation. Creating a serene space, I nestled into a comfortable position and let the guided meditation unravel the tension within. The calming waves of each breath not only dissipated the stress but also empowered me to reclaim control over my emotions and focus on the tasks at hand.



### *Wednesday*

Today was an exploration of positive affirmations. Armed with statements like "I am capable" and "I thrive in challenges," I repeated these mantras throughout the day. The power of affirmations



manifested in a surprising boost of confidence, transforming seemingly insurmountable challenges into stepping stones for personal growth.



### Thursday

A social situation unveiled layers of anxiety within me. Rather than succumbing to the discomfort, I decided to employ the "STOP" technique. In that moment, I paused, took a deep breath, observed my thoughts without judgment, and moved forward with intention. This simple yet profound practice dismantled the walls of anxiety, allowing me to engage authentically in the social interaction.

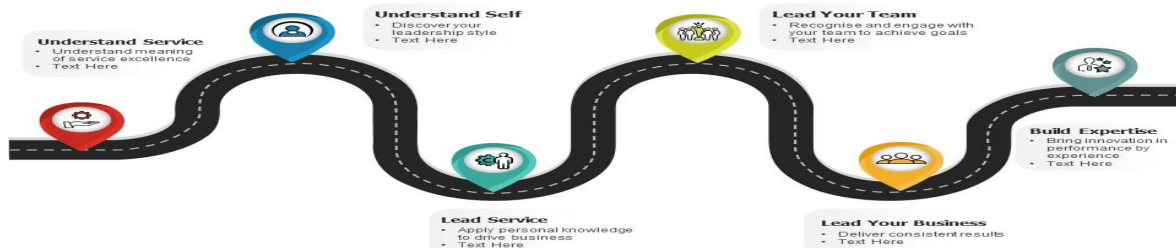


### Friday

As the week concludes, I stand at the crossroads of reflection. The tapestry of techniques explored throughout these days now weaves itself into my daily routine. I envision a personalized amalgamation of mindfulness, meditation, affirmations, and intentional pauses as my recipe for continued growth. This journal, my faithful companion, has become a testament to the journey of self-discovery and a roadmap for the road ahead.

#### Leadership Development Roadmap including Leading the Business

This slide is 100% editable. Adapt it to your need and capture your audience's attention.



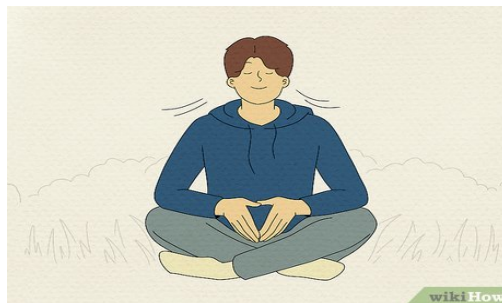
## *Saturday*

For Saturday, you might want to explore a different type of relaxing activity. It could be spending time in nature, going for a walk, or engaging in a hobby you enjoy. Capture the essence of the experience in your journal—how it made you feel and any observations you made about your mental state.



## *Sunday*

For Sunday, consider incorporating a mindful practice that resonates with you, like journaling your thoughts, practicing gratitude, or doing a body scan meditation. Reflect on the effects and any revelations during this intentional time.



# My Journal for Reactions

Ardelean Stefan, Duse Damian, Jugureanu Mihai

## Week 1: Exploring Mindfulness Techniques

### Monday: Mindful Breathing

Today, I focused on my breath to center myself. Whenever a stressful situation arose, I took a few moments to inhale deeply, hold, and exhale slowly. This simple yet powerful technique helped me stay present and calm.

### Tuesday: Gratitude Journaling

I started a gratitude journal to shift my focus towards positivity. At the end of the day, I listed three things I was grateful for. This exercise encouraged me to appreciate the positive aspects of my day, fostering a more optimistic mindset.

### Wednesday: Body Scan Meditation

I practiced a body scan meditation to become more aware of physical sensations. This helped me identify areas of tension and release stress. By paying attention to each part of my body, I connected with the present moment and achieved a sense of relaxation.



## Thursday: Mindful Walking

During my walk, I concentrated on each step, feeling the ground beneath me. Engaging my senses in the present moment brought a new level of awareness. This technique is a great way to practice mindfulness in everyday activities.

## Friday: Mindful Eating

I dedicated today's journal entry to mindful eating. I savored each bite, paying attention to the taste, texture, and smell of my food. This practice not only enhanced my dining experience but also helped me recognize hunger and fullness cues.

## Week 2: "DO IT!" Journal for Reactions

### Monday: Embracing Challenges

I faced a daunting task today, and instead of procrastinating, I approached it with a "DO IT!" mindset. Breaking the task into smaller steps and focusing on one thing at a time helped me conquer it more efficiently. The sense of accomplishment was rewarding.

## Tuesday: Positive Affirmations

I incorporated positive affirmations into my day, repeating phrases like "I am capable" and "I can handle anything that comes my way." These affirmations served as a powerful reminder of my strengths and contributed to a more confident mindset.

## Wednesday: Setting Boundaries

Today, I practiced saying "no" to tasks that would overwhelm me. Establishing boundaries is crucial for maintaining balance and preventing burnout. It empowered me to prioritize self-care and manage my commitments more effectively.

## Thursday: Active Listening

I focused on truly listening during conversations. Rather than formulating responses in my mind, I concentrated on understanding the speaker's perspective. This improved my communication skills and strengthened my relationships.

## Friday: Celebrating Achievements

I reflected on the week, acknowledging my accomplishments and celebrating small victories.

Recognizing my efforts, no matter how minor, boosted my self-esteem and motivated me to continue striving for personal growth.

## Conclusion:

Reflecting on my reactions and implementing mindfulness techniques and a proactive "DO IT!" approach significantly improved my mental and emotional well-being. These practices have equipped me with valuable tools to navigate challenges, enhance self-awareness, and foster a positive mindset. This journal serves as a roadmap for continued personal development and resilience in the face of life's uncertainties.





