

# □ To Do or Not To Do

## Writing to Reduce Anxiety and Reconnect with Self

688 Reflective Practice Presentation  
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## To Do Today:

- Brush Teeth
- Call Grandma
- File Taxes
- Go Outside
- Make Dinner Plan
- Homework
  - 688
  - 693
- Send Birthday Card
- Do Laundry
  - Fold Laundry
  - Put Away Laundry

# Checking My Priorities



- Grandma ≠ Taxes
- I Am Not a Chore
- Estimate Value
- Trust People
- Be Clear

# Checking In, Not Checking Off

## What is Coming Up?

- **Work**
  - Meetings
  - Performance
  - Emails
- **Life**
  - Family
  - Friends
  - Marriage
  - Existence
- **School**
  - Readings/Homework
  - Insights

## How Do I Feel? How Did it Go?

- **Reactions**
  - Worse or Better?
  - Calm or Anxious?
  - Appropriate or disproportionate?
- **Actions**
  - Can I do anything?
  - Should I do anything?
  - What could I do better?
  - Am I doing the most I can?



## Write to the Point

- What am I thinking about?
- How do I feel?
- Why do I feel that way?
- Have I felt this way before?
- How did it affect my actions?
- What outcome do I want?
- What will help me?

# What I Need To Do

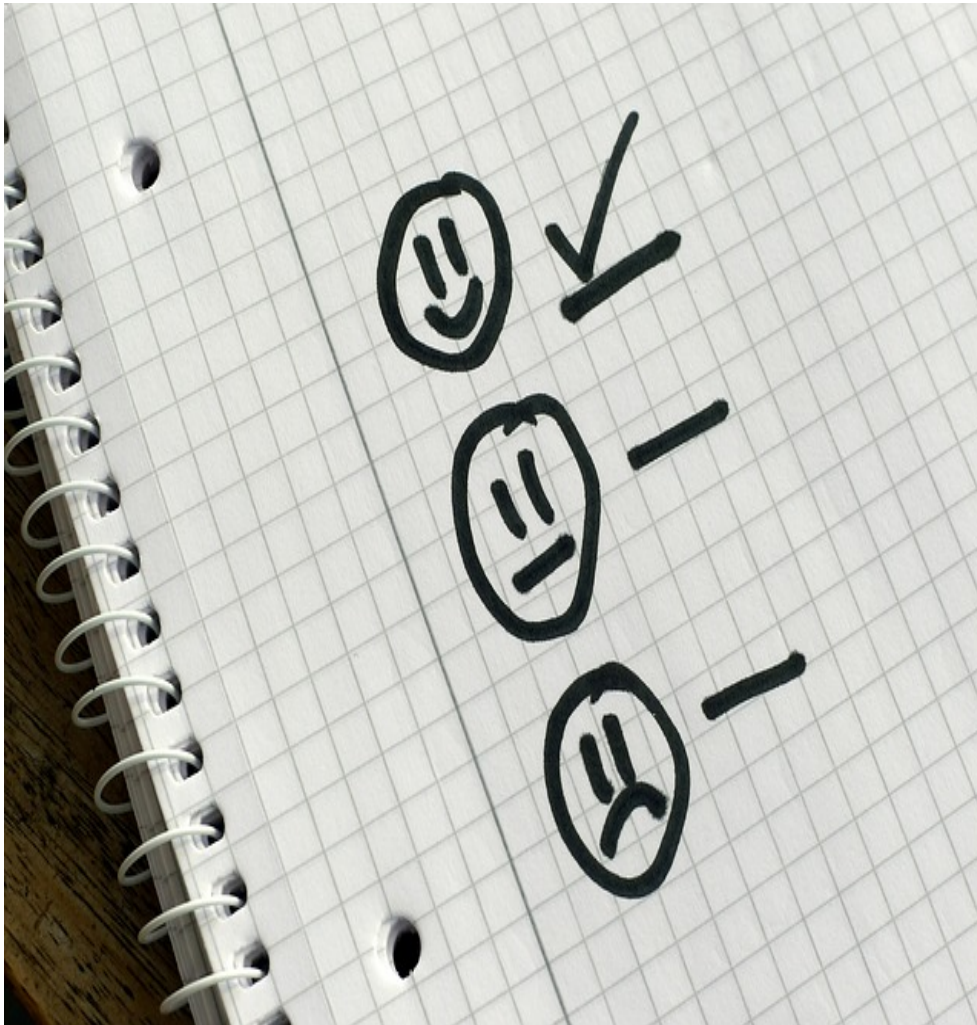


- **Respect Others' Schedules**
- **Respect My Schedule**
- **Respect Others' Boundaries**
- **Define My Boundaries**
- **Listen to Others**
- **Listen to Myself**
- **Help When I Can**
- **Ask For Help**
- **Accept Help**
- **Accept "No"**
- **Say "No"**

# To Do Tomorrow

(Plan for Practice)

- Prioritize “Why” Over “What”
- Recognize My Needs
  - Differentiate Needs/Musts/Wants
- Communicate Clearly
- Confront Conflict Directly
- To Do Lists for Tasks Only
- Write for Mental Health
  - Journal
    - Let Thoughts Develop
    - Unburden
    - Clear Clutter
  - Creative
    - Explore
    - Express





## For You To Do

- Look at Your List
- Recognize Your Feelings
- Write It Out
- Complete the Task
- Check In with Your Feelings
- Write It Out (Later)



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