

PLANNING FOR YOUR MENTAL HEALTH

Three
important
things to get in
your diary for
2022



WITH JADE GORDON



SONA



Hi, I'm Jade, *Welcome!*

I'm a hypnotherapist and psychotherapist specialising in working with parents and parents to be.

I want you to start 2022 strong, ready for whatever this year has to throw our way!

Often we start off planning the year ahead with all the kids' stuff, appointments, bin day etc. This year I want to encourage you to take a moment and commit to some small things that will help you build your mental health resilience.

To get the most from this workbook I'd love for you to do the following...



BE CURIOUS

I'm going to talk about three main ways we can plan for our mental health, but these will look different in practice for everyone, be aware of the word **should**, if you feel you should be doing something - be curious and explore what you'd actually enjoy doing, rather than what society, or your peers, or Instagram suggests you should.



ASK QUESTIONS

I'm here to answer any questions you have, send me an email jade@sonamum.com or send me a DM on Instagram (@sonamumwithjade)



BE KIND

Be kind to yourself! Making sure you're looking after you is not selfish, it will help you show up as the parent you want to be. These changes and things I want you to add can be tiny, you don't have to do it all at once, celebrate any small wins, and be kind when you don't manage to do what you set out to do. Real life is more complicated than ideal weeks and our intentions, accepting this and then taking a small positive step forward is the kindest way.

Positive Movement

It's no secret that exercise is generally a good idea! I wanted to share with you why this is though and the impact it can have on our mental health. We still have primitive rewards and requirements, this is a nod to hunting and gathering helping us survive.

What movement have I enjoyed in the past?

If there was no time and financial limits what would I love to do?

How can I bring some element of this into my week, however small it is?

Positive Interaction

Hunting and gathering did help us, but it was also important to be part of a tribe, our chances of survival in caveman days was higher when we worked together with other people in our tribe. This basic reward system still rewards us when we interact positively with others.

What kind of interactions do I enjoy?

Who do I want in my tribe? Who lights me up / fills my cup / makes me feel seen / heard etc.

How can I create regular positive interactions in my week?

Positive Thinking

The third way we can boost our serotonin is through positive thinking. This can take a little more thought to work out how to add it to your week. Let's look at what has helped you think more positively over the past year.

List the people who help you feel more positive, or optimistic, the places and hobbies etc. that give you a boost in terms of thinking more positively.

People

Places

Hobbies / Other

If I'm having a challenging day, what else helps me reset or gives me a boost?

Looking at the above how can I make some of these regular parts of my week / month to proactively help me feel more positive?

My Ideal Week

Here we're going to do some dreaming or imagining of our ideal week. Ignore all those 'yes, but...' thoughts and have some fun with this.

What would you include in your ideal week?

What does your ideal morning routine look like?

What about your ideal evenings?

Are there differences between your week days and weekends, or school holidays etc. in this ideal week?

My Ideal Week

Now I want you to look at the things you've added in to your ideal week and why you want them there. What do they give you? Perhaps it's one of the serotonin boosters we looked at earlier, or maybe it fulfils some other need you have, or fills your cup in some way. Take some time here to choose some of the things and explore what it gives you, or how it makes you feel.

Ideal Week Activity

This gives me...

My Week

Let's come back to reality now, although of course we're going to bring some of the wonderful stuff from your ideal week with us, even if we need to get creative!

What boundaries / fixed appointments / times does your week have?

Is there anything you want to let go of from 2021 as we move into a new year?

What easy things from your ideal week can you actually add just now?

My Week

Continuing now with looking at your week and how you can bring in some of the magic from the ideal week exercise.

Is there anything from your ideal week that needs researching? e.g. finding a local class, checking times of activities...

Think of a few ways you can bring some of the 'more challenging to add in' elements to your week. Using your notes of what it gives you to help you. Remember it just needs to be a small step or element towards this initially and you can always build on it.

My Week

If it helps to use a visual you can plan out your week here. Even if it's only 5 or 10 minutes, create a spot for it in your calendar.

	MORNING	EARLY AFTERNOON	LATE AFTERNOON	EVENING
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

My Commitments

Now it's time to bring it together and make some small commitments! It's all well and good taking time to think about what can help, but unless you actually take action it's not going to make a difference! Remember it can be small things.



Boosting your serotonin helps you feel good, and cope better with life.



To boost serotonin, we need to fulfil some basic primitive brain requirements: Positive movement, positive interaction, positive thinking



Planning these activities into your week will help you begin to build mental health resilience.



There are of course more elements to mental health resilience, but these are an easy place to get started.

What small things are you committing to adding in to your plans in 2022?

I have added these into my planner / calendar / diary for 2022

I have researched or sent enquiries for any classes etc that I am interested in

You did it! You're well on your way to planning for your mental health in 2022.

Well done for taking the time for you! I hope understanding more about your primitive reward system will help you put yourself first through these little changes and plans over the new year period and throughout 2022.

If you'd like support in building your mental health resilience in 2022, and becoming the parent you want to be, **the doors to membership 'The Hypnoparenting Club' are open!**

I want to give you a boost in getting a great start to 2021, so I'm offering a **21 day free trial**, this is a great boost to the start of the year AND it's a great way to try out Hypnoparenting.

And since it's just been Christmas, I'm also giving new members access to The Hypnoparenting Course while they're members which usually is £197.

In our membership hub you'll find monthly masterclasses to help you build mental health resilience, resource and tools you can use yourself and with your family. And you'll be invited to join two group hypnotherapy sessions each month.

It's a lovely supportive community, come and test it out and see the difference it makes for you and your family.

It would be an honour to support you in 2022, you can join us here at <https://sonamum.com/newyear>

*Best wishes,
Jade*



