

*Many Lives,
Many Paths to Healing*

ACTIVITY JOURNAL



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

INTRODUCTION

The idea of “Many Lives, Many Paths to Healing” allows each of us to celebrate where we are on our own mental health journey. This healing journey is never a linear path. Like any journey, there are ups and downs. There are easy steps and rough patches, and there are days when you want to call it quits and others when you feel ready to take on the world. Where you find yourself on your journey speaks to where you’ve been, and it offers you the beautiful gift of moving forward on your own unique path.

Wherever you are on your journey, Eating Recovery Center and Pathlight Mood & Anxiety Center are here to support you every step of the way. Please enjoy this activity journal as you continue on your unique path of growing, learning and healing.

“It is good to have an end to journey toward, but it is the journey that matters in the end.” – Ursula K. Le Guin



THIS ACTIVITY JOURNAL
BELONGS TO



Healing: A Journey of Ebbs and Flows

Hold Onto Hope, Even When It Feels Impossible



Hiding behind my “perfect” appearance always felt like a safer space for me than speaking about the internal struggle I was having. I battled with a lack of self-worth and felt little to no hope. It felt safe to stay in that hidden space because healing was unknown, a space that my family or friends never spoke about. But I knew I wanted more for myself and that I needed to see what was on the other side of fear.

When I was in my darkest moments, I never thought I would know what self-love or happiness felt like. Yet with hard work, I experienced what I thought was impossible: hope for the future and hope for myself.

We will have days full of hope, joy and promise for tomorrow, and other days when it is difficult to get out of bed. Both kinds of days help you to grow in strength and resiliency. As I continue to face my own challenges, I hold onto hope because I have gotten through experiences that felt impossible to bear in the past. And perhaps you have, too.

Be patient with yourself in your healing process. But hold onto that hope. Hope will pull you through and allow you to truly feel the moments of love and laughter around you. Even when it is hard, don't give up hope. The universe has a plan, and better days are coming. You are capable of more than you know.

Ivy Watts, MPH, Mental Health Empowerment Speaker
Empowering You to Tell Your Story by Sharing Mine
Ivy Watts Speaks

The Road We've Taken



I've always loved topographical maps. The closer the bands, the steeper the slope. The wide bands show a long slog. But there are many ways up a mountain. Some paths are well marked, with blazes that show us the way. Some are uncharted territory, through the rough – trees and peril of a wrong turn.

But there is a beauty and art of mapping this territory and illuminating it when seeing it from above. All of it takes you to the same place. And that's what our recovery is, “Many Lives, Many Paths to Healing.”

What the maps don't show are the conditions – from the storms to what you're carrying in your pack and what you encounter along the way (from a bear to trail magic). We have just weathered a year in the midst of a pandemic, bringing us into uncharted territory. And even the most resilient recovered soul has struggled to find their way during this time.

We've gone all sorts of ways. Some of us have had to retrace some steps. I know I've second-guessed my steps, making even the beginner trails seem daunting. And yet, we keep going.

And just like a year like no other, your recovery journey is like no other. There are roads not taken. There are well-worn paths. And there is recovery. Just as there has always been. Because of you. Because of me. Because we take steps to make it happen, knowing we're all heading in the direction of healing and hope.

Kara Richardson Whitely, National Binge Eating Disorder Advocate, Eating Recovery Center
Author, public speaker and adventurer



Courage

does not always roar.

Sometimes courage is the

quiet voice

at the end of the day saying

**I will try again
tomorrow.**

~ Mary Anne Radmacher



Share a moment with yourself: When was a time that the path became daunting and what gave you the courage to press on?

Tip!

As you reflect, describe your thoughts and feelings. What were you experiencing inside of yourself and around you when you found the courage to move forward?

Tear this page out, seal it in an envelope and open it on a day where you need a reminder of how far you've come.



Share a moment with yourself Notes (continued)

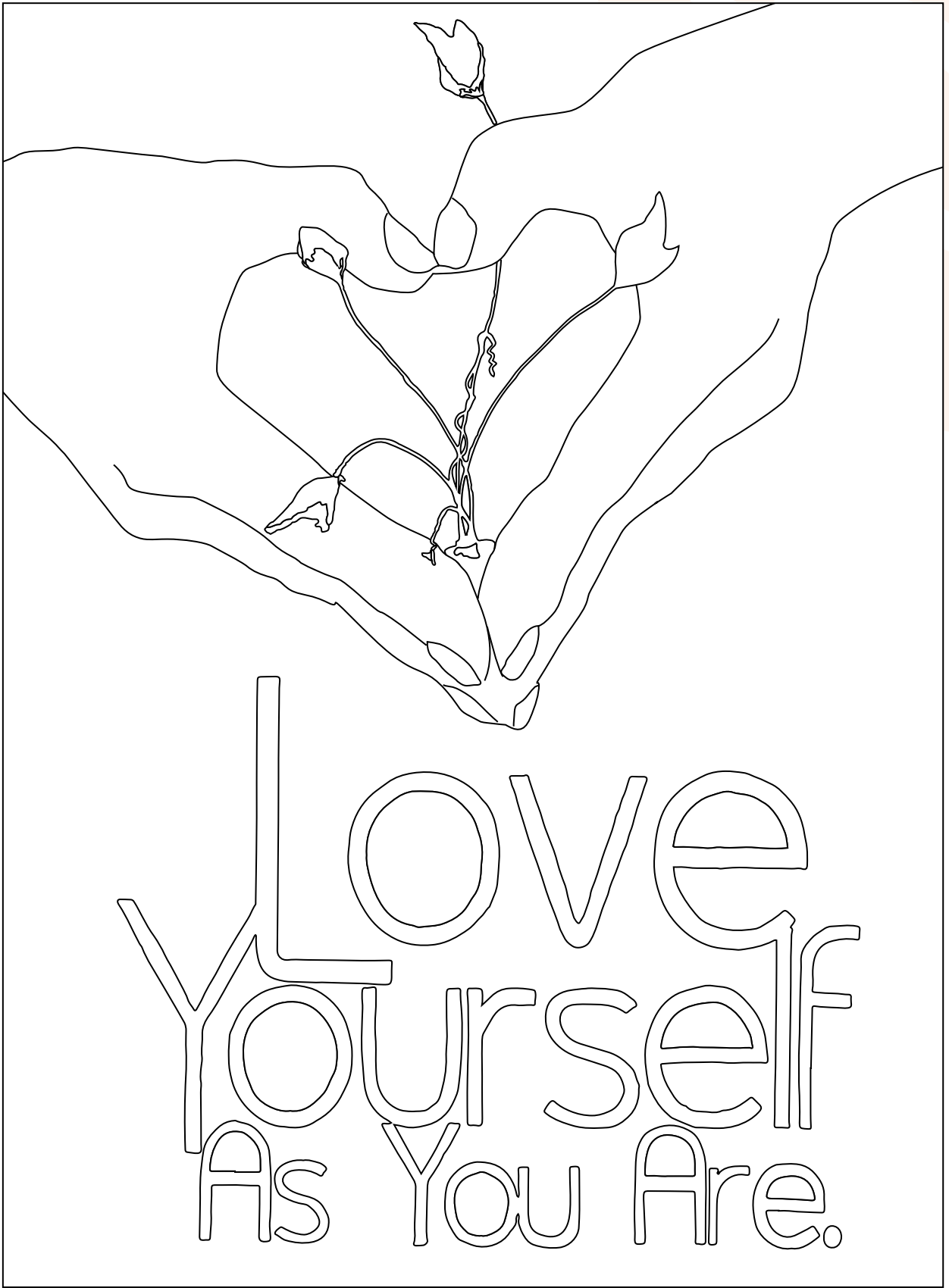


Love Your Tree Coloring Pages

Love Your Tree is a national creative arts campaign that focuses on cultivating self-compassion, body acceptance and positive mental well-being.

The tree is a universal symbol for growth, resilience, strength and the beauty of individual differences and diversity. Just like humans, every tree in the forest is unique, yet trees remain connected to one another and the world around them in powerful ways. We encourage people of all ages to explore the tree metaphor and share creative expressions of acceptance and gratitude for the unique shapes of our lives and our bodies, and the many ways in which we get stronger and heal through connection with others.





Ayana O., *Love Yourself As You Are*
Age Category: 15-18





Veronica V., *Tree Buds*
Age Category: 11-13





Love Your Tree

Kiley B., *Renewal*
Age Category: 15-18





Tavi S., *Body Positive Tree*
Age Category: 15-18

Create Your Own Love Your Tree

With a focus on self-compassion, body acceptance and positive mental well-being, bring your branch of diversity and uniqueness to the forefront. Spend some time creating a poster that expresses your answer to the phrase, "Like a tree, I am..."

To find out more and participate, visit us at LoveYourTree.org.
Share your finished tree on social media and tag us with
[@EatingRecovery](https://www.instagram.com/EatingRecovery) [@PathlightBH](https://www.instagram.com/PathlightBH) [#LoveYourTree](https://www.instagram.com/LoveYourTree)



Three Simple Mindfulness Exercises

Embrace the present moment. With each mindfulness exercise, remember that if you have a judgment, or feel yourself becoming distracted, simply notice it and let it pass by, and bring yourself back to the exercise.

Tip!

Sometimes our thoughts can take over. Let's practice noticing them and connecting to the present moment.

One Moment in Time

- Place yourself in a comfortable position. Perhaps this is laying down on your bed or sitting with your back against a wall, whatever is most comfortable for you.
- Practice breathing in, holding and breathing out to the count of four. Take a moment to notice the sensation in your body and thoughts that pass through your mind.
- Allow those moments to float by without judgment or a need to change them.
- As you breathe in, say the mantra "just this one", hold, and then breathe out with the mantra "moment in time." Hold again and continue to repeat this mantra for as long as you please.
- If this mantra does not work for you, it is okay to choose your own special mantra that resonates with you.

Release the Mind Observation

- Place yourself in a comfortable position. Perhaps this is laying down on your bed or sitting with your back against a wall, whatever is most comfortable for you.
- Practice paced breathing at a comfortable rate.
- Give yourself a moment to become aware of your body and the sensations that it feels as you sit without action.
- Let all images and thoughts pass through your mind, one at a time, remembering to allow them to be as they are.
- Whether it is a painful thought or an enjoyable thought, let it pass by, one after the other, like clouds cascading through the sky.
- If a thought lingers, tell yourself that it is okay, and continue letting it pass by even if it comes up again and again.



Three Simple Mindfulness Exercises (continued)

Connect With The Body Mindfulness

- Place yourself in a comfortable position. Perhaps this is laying down on your bed or sitting with your back against a wall, whatever is most comfortable for you.
- Relax your eyes.
- Relax your shoulders and neck.
- Notice in your body where you may be holding tension.
- Slowly, and with intention, tense up any part of your body where you feel tension.
- And then slowly release the tension, one muscle at a time, from the bottoms of your feet to the top of your head. Let go of any resistance in your body.
- Continue this, with one body part at a time, while practicing paced breathing.
- If any judgment, thoughts or distracting thoughts arise, remind yourself it's okay and let those thoughts and images pass by as they wish.
- Continue tensing up each body part, one at a time, until you feel the tension release within your body.
- If your entire body is relaxed, let yourself notice the sensation of your relaxed body and be at one with that moment.

“

**The key is to be here, fully connected
with the moment, paying attention to the
ordinary details of life.**

– Pema Chödrön

”



Getting to Know Yourself Exercise

Write without inhibition. Answer these prompts with as many or as few words as you wish and, remember that no answer is wrong.

1

What do I believe creates a life worth living?

2

What is something I have struggled with lately that I may not want to admit just yet?

3

If I could do anything, what would I do over the next five years?

4

What is a secret dream of mine that I've never said out loud?

5

What is one thing I appreciate about myself?

6

What activity gives me the most peace?



Getting to Know Yourself Exercise (continued)

- 7 What are my top five values?
- 8 Am I living according to my values?
- 9 If not, what activities can I add to live life according to my values?
- 10 If yes, what valued activities can I continue to add to my routine?
- 11 If I could live my best day, what would that look like?
- 12 Who do I love?



Morning or Evening Gratitudes

Daily gratitude is shown to increase happiness. Enjoy this simple gratitude practice that can help you develop your own routine.

Tip!

**What are things I take for granted? What touched me today?
Who or what inspired me today? What made me smile today?
What's the best thing that happened today?**

1

2

3

4

5



“You’ve Got This” Affirmation Cards

Start or end your day by advocating for yourself with these affirmation cards. Fill in the blank cards provided on the next page with your own affirmations that ring true to you. Once complete, cut the sheet into cards so that you can pack them on the go.

I am lovable as I am now.	May I be happy, may I be free, may I be safe, may I be loved.
This painful moment will not always feel the way it feels today.	My wellness is my priority.
I will show myself love today.	I love myself for where I am today and who I am, knowing I can change.
Maybe I’m stressed. Maybe I’m anxious. Maybe I just need to take this moment to breathe.	I give myself permission to rest.
I like who I am becoming.	I am enough.



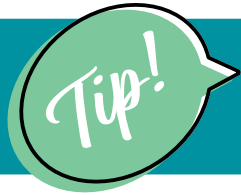
"You've Got This" Affirmation Cards (continued)

Fill in the blank cards below with your own affirmations that ring true to you.



The Game of Self-Compassion

A card game that can be played alone, with a friend or with family. Cut out these activity cards: place one card down at a time and follow the prompts. When playing with two or more people, take turns to place a card down and answer the prompt.



"Self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?" – Kristin Neff

<p>Name one personality trait that you like the most about yourself, and a time when this trait served you well.</p>	<p>Describe the last time you gave yourself self-compassion.</p>
<p>What are two ways you practiced self-care this week?</p>	<p>What is your favorite way to treat yourself and how can you practice it?</p>
<p>Name three things you like about yourself or your life right now.</p>	<p>What is your goal for self-compassion this week?</p>
<p>What is one way you will attempt to practice mindfulness this week?</p>	<p>Raise your hand if you tend to over-apologize. For the rest of the day, if you over-apologize, say three things you do well.</p>



The Game of Self-Compassion (continued)

<p>Set an intention for the week.</p>	<p>Say one kind thing to yourself.</p>
<p>Gift this card to one person and tell them two things you like about them.</p>	<p>State your favorite compliment you either received, heard or have given to someone else in recent memory.</p>
<p>What is one boundary you are very good at setting or would like to get better at setting?</p>	<p>What is the kindest act you've done for another person in recent memory?</p>
<p>What is one way you can be kinder to yourself this week?</p>	<p>Who have you been struggling to love recently, and what is one thing you can do to help shift that?</p>



Your path to healing is traveled by you, and it is accompanied by those who walk alongside you; they let you know they are there. We honor the many paths it takes to heal, and thank you for trusting us to step into your path and walk beside you.



Notes



Notes



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Notes



Our mission is to take the very best care of patients, families, providers and our teammates as we deliver the highest quality treatment for patients with eating disorders and mood disorders.



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