

CHANGE THE
 FREQUENCY
ACTIVITY GUIDE

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The following activities are meant to promote positive coping practices, effective communication and connection with social supports.

Try as many as you like, by yourself or with your family or community, and repeat as often as you find helpful. Feel free to adapt these activities however you need to best fit your family, home or community. Use your creativity!

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5 Senses Grounding Technique

5-4-3-2-1

Often, anxiety arises from worrying about things we cannot control or thinking about scary things that have not even happened yet. Try this activity to explore your five senses to help you gently turn your attention to the present moment and surroundings. If you are guiding a child through this activity, complete the activity together and talk about it afterwards.



5 - SEE

Point out five things around you that you can see.



4 - FEEL

Say four things you can feel—the chair you're sitting in, the clothes you're wearing, or maybe the temperature in the room.



3 - HEAR

Listen and say three things that you hear.



2 - SMELL

What do you smell? See if you can identify two things you can smell.



1 - TASTE

Say one thing you can taste. If you can't taste anything, say your very favorite thing to taste.

Take another deep breath to end the activity and reflect on your experience.

Mindful Snack Activity

It is all too easy to walk through the day without noticing the small joys, especially if we are faced with challenging circumstances. Practice noticing some of life's small pleasures with these steps.



Go to the kitchen or pantry and grab a small snack like a grape or a piece of chocolate.



Before popping the snack into your mouth, take a moment to really notice what you are holding.

What does it look like? What does it feel like in your hand? How heavy is it? Is it cold, warm, or somewhere in between? Does it have a scent? Is it one solid color, or a mixture of many colors? Does it have a rough or smooth texture? Take as much time as you'd like on this step.



If there is a wrapper or packaging, take your time unwrapping the snack.

Do this slowly, and pay attention to how it feels to do so.

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Mindful Snack Activity



Take a bite! But just a tiny bite, if you can.

What do you taste immediately? What is the texture of the snack? Is the snack chewy, sweet, tasty, sour, gummy, savory, salty, crunchy?



Finish eating the snack slowly, and keep paying attention to your snack!

After you're done, is there an after-taste? Did you enjoy the snack more than you would have if you ate it while watching TV or looking at your phone?



Practice mindful eating as much as you find helpful.

See if mindfulness enriches your experiences with food. You may even find yourself using these principles in other areas of your life!



Identifying Feelings

Look closely at the following list of emotions. Take time daily to identify an emotion you may be feeling, or explore new words that may not be a part of your vocabulary yet. Understand that humans are complex, and we can have any mixture of feelings at any time. It is normal and acceptable for someone to feel all sorts of emotions. Practice communicating these emotions to someone trustworthy.

Red

High Energy
(Unpleasant)

Yellow

High Energy
(Pleasant)

Blue

Low Energy
(Unpleasant)

Green

Low Energy
(Pleasant)

Afraid

Aggravated

Agitated

Angry

Annoyed

Confused

Cranky

Frightened

Frustrated

Furious

Hostile

Impatient

Irritated

Nervous

Outraged

Overwhelmed

Panicked

Rattled

Scared

Self-conscious

Shaken

Shocked

Stressed

Suspicious

Tense

Terrified

Trapped

Uneasy

Worried

Amazed

Capable

Confident

Courageous

Curious

Delighted

Determined

Eager

Encouraged

Energized

Engaged

Enthusiastic

Excited

Fascinated

Happy

Hopeful

Humiliated

Inspired

Interested

Joyful

Lively

Moved

Optimistic

Passionate

Renewed

Aloof

Disappointed

Disconnected

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Identifying Feelings

Discouraged
Dissatisfied
Distant
Doubtful
Embarrassed
Exhausted
Guilty
Heartbroken
Helpless
Hesitant
Hopeless
Lonely
Numb
Rejected

Reluctant
Removed
Sad
Sensitive
Skeptical
Unhappy
Unsure
Useless
Vulnerable
Withdrawn
Accepting
Caring
Connected
Content

Fulfilled
Grateful
Grounded
Humbled
Loving
Open
Present
Reflective
Refreshed
Relaxed
Satisfied
Self-loving
Serene
Thankful
Trusting



The Mood Meter app was conceived by Marc Brackett, Ph.D. and Robin Stern, Ph.D. from the Yale Center for Emotional Intelligence.

For more information, visit moodmeterapp.com

Community/Family Check-In

Arrange to have a family, household or community check-in. If possible, incorporate these activities into your family or community's routine as a regular event, and adapt to be age-appropriate. If you'd like, start out or end the check-in by playing a game or activity that you enjoy. Complete the following, and feel free to mix and match:

Open the check-in time

Going around in a circle, work together to identify a personal strength of each individual present. If possible, the group should come up with an example for each person of a time they did or said something that showed kindness, resiliency or creativity. This is your opportunity to lift up each community or family member and encourage them to continue using their strengths.



Allow each person some time to discuss how things are going for them

Allow them to discuss how they feel about the changes brought on by COVID-19, and/or what their hopes for the future may be. (Hint: use emotion list from pages 7 and 8.) Give each person attention and time to talk. As a ground rule, stick to "I" statements and make sure each person only speaks for themselves.

As a group, make plans for any activities/adjustments that may be needed in the near future—the days, weeks or months ahead

You could schedule a time to cook a meal together, watch a movie, or even plan for quiet time depending on the group and individual needs.





Each member may make a wellness goal for each week

Check in on each other throughout the week, but make sure not to pass judgement or shame one another or yourself if things don't go exactly as planned. (Hint: use our checklist to create your weekly goal.) Examples of mental health promoting goals include:



- **Taking a daily walk, or making time at home to stretch your muscles each day.**

- **Cooking a healthy and delicious meal.**

- **Writing in a journal each day.**



- **Adopting a meditation practice.**

This could be as simple as making time each day to complete our 5-Senses Grounding Technique activity from page 3.



Check On Others

Reach out! Connecting with others is one of the most important things we can do for our mental health and for our community.



Check on someone or check on five people!

Send a text message, call or video chat someone you know and trust to ask how they are doing.



Take time to catch up and listen to what the other person is saying

Ask questions like, “how are you doing?” and “how have the changes in our world affected you?”. If you can, offer support or assistance.



Be open about how you’re feeling, too, and practice using emotion words and “I” statements.



Notice how you feel after connecting with others.



