

# CHANGE THE FREQUENCY

A C T I V I T Y   G U I D E



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# CHANGE THE FREQUENCY

**The following activities are meant to promote positive coping practices, effective communication, and connection with those around you.**

Try as many activities as you like, by yourself or with your community, and repeat as often as you find helpful. Adapt these activities however you need to best fit with your group. Get creative!

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# 5 Senses Grounding Technique



Often, anxiety arises from worrying about things we cannot control. Try this activity to explore your five senses and grow more mindful of the present moment and your surroundings. If you're with a friend or in a group setting, complete the activity together and talk about it afterwards.



## 5 - SEE

Point out five things around you that you see.



## 4 - FEEL

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



## 3 - HEAR

Listen and say three things that you hear.



## 2 - SMELL

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



## 1 - TASTE

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

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

# Mindful Snack Activity



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

**1** Grab a small snack like a grape or a piece of chocolate.

**2** 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.

**3** Before popping the snack into your mouth, take a moment to really notice what you're 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.



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## Mindful Snack Activity



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

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

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

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

### 6 **Practice mindful eating regularly.**

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's 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**



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Identifying Feelings



Engaged  
Enthusiastic  
Excited  
Fascinated  
Happy  
Hopeful  
Humiliated  
Inspired  
Interested  
Joyful  
Lively  
Moved  
Optimistic  
Passionate  
Renewed  
Aloof  
Disappointed  
Disconnected  
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](https://moodmeterapp.com).

# Gratitude List



Gratitude opens our eyes to the positive things in our lives and the opportunities around us. Practice gratitude by putting pen to paper.

**Write a list of 10, 20, 30, or even 40 things you are grateful for.**

Challenge yourself to consider new things you're grateful for, and encourage your group to do the same.






# Group Check-In



Host a group check-in. If possible, incorporate these activities into your group's routine as a regular event. If you'd like, start 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.**

Go around the circle and 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 group 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're feeling, and/or what their hopes for the future may be. (*Hint: use the list of emotions from pages 7 and 8 as support.*) 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.

## ● **After digesting how you're feeling as a group, make a plan for some activities that could address everyone's needs in the days, weeks, or months ahead.**

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

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## Group Check-In

### Have each individual make a wellness goal every week.

Check in on each other throughout the week, but make sure not to pass judgement if things don't go exactly as planned. (*Hint: use our checklist to create your weekly goal.*)



### Not sure where to start? Try:

- 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.

*Pro tip: Start with our 5-Senses Grounding Technique activity on page 3.*





# Check On Others



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



## Check in on someone!

Send a text message or call someone to ask how they're doing.



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

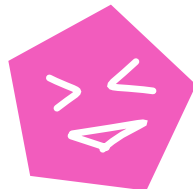
Ask questions like, "how are you doing?" and "what are you looking forward to?". If you can, offer support or assistance.



## Be open about how you're feeling, too, and practice using emotion words and "I" statements.



## Notice how you feel after connecting with others.



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FREQUENCY**