

Making the Mind–Body Connection

People often underestimate the mind-body connection, but research shows that there is a two-way relationship between them, where the body influences the mind and the mind influences the body.

Use the tables below to help your clients explore patterns related to their mind-body connection.

Item	Mon (Example)	Tues	Wed	Thur	Fri	Sat	Sun
Water Intake	3 glasses						
Eating & Snacking Times	11:44 am 4:40 pm 10:15 pm						
Hours of Sleep	5.5 hours						
Minutes/Type of Exercise	30 min – 5k run						
Alcohol Intake	Glass of wine @ 10:15 pm						
Hygiene Activity	Shower						
Physical Discomfort	Back pain						

Item	Mon (Example)	Tues	Wed	Thur	Fri	Sat	Sun
Activities that brought me joy	Lunch with an old college roommate						
People/pets who brought me joy	Brad – my old college roommate						
Sense of financial status	Okay – payday was just on Friday						
Time spent outdoors	None						
Things I am proud of	Made it to work on time						
Things I did well	Can't think of any						
Stress items	Son recently diagnosed with autism – met with school today						