SWITCHES Quick reference guide

Level Seven

Values



Find out what your driving values are

Journaling



Create a habit of journaling

Random act of kindness



Practicing random acts of kindness toward others

Reframe



Exploring alternate possibilities and narratives

Finger rub



Slowly rub your fingertips together

The happy monk



Let the smile meditation fill your body

The inquisitor



Ask your friends curious questions

Circle of influence



List your worries to see what you can influence

The riddler



Focus your mind and solve some riddles

Sketch it!



Draw something you can see within a time limit

Read



a good book and sink into it!

Find

Listen out



Mindfully listen to sounds

Inspiration station



Be inspired by inspirational quotes



Change the temperature of your hands

Reality check



Reorient yourself to reality

Dear diary



Guided diary entry practice

Expose it



Gradually expose yourself to overcome your fears

Identify 5



Identify things you can see, hear, feel, smell and taste



Safe rant



Secret space to express true feelings

Head rolls



Take some breaths and stretch your neck

Help or hurt



Explore whether your feelings help or hurt you

Mantra



Create motivational statements

Be social

The orgainser



Organise your week and clear your mind



Body scan Scan and relieve your body of all its

Motivation map



Schedule vour motivation

Visualise



Visualise challenges and overcome them in your imagination

Bucket list

Be around

others



Brainstorm and share your bucket list

Future letter

A letter to your future self

Find your calm



Create your own bank of calming strategies

The scribe



Keep a daily record of what was good and bad

Growth mindset



Embracing success and failure

Significance



Ask yourself, "Will this matter in the

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