Practicing Good Humor:

Bored = 0 and 7 = Ebullient/Full of mirth

Mood rating before: 0 1 2 3 4 5 6 7

Do the laughing exercise. (Fake laugh for 3 minutes)

Mood rating after laughing exercise: 0 1 2 3 4 5 6 7

Practicing Gratitude:

Ungrateful/Wretched=0, 7= Full of Thanksgiv-ing

Mood rating before: 0 1 2 3 4 5 6 7

Do the gratitude exercise. (List as many things as you can that you are grateful for in the next 2 minutes)

Mood rating after gratitude exercise: 0 1 2 3 4 5 6 7

Practicing Compassion:

Feeling self-critical/perfectionistic=0, 7= Full of kindness towards self

Mood rating before: 0 1 2 3 4 5 6 7

Do the compassion exercise. (Write down what your mother, father, grandparent, God, Jesus or another loving person/being would say to you about a recent mistake or failure)

Mood rating after compassion exercise: 0 1 2 3 4 5 6 7
Recommended Reading for You and Your Patients

The Happiness Project, Gretchen Rubin, Harper, 2009


Laffirmations: 1,001 Ways to Add Humor to Your Life & Work, Joel Goodman, 1995

The Zen of Eating, R. Kabatzinck, Ronna, 1998

DrWeil.com

Foodbabe.com

Seebeckgallery.com (to order Blessing Bracelets)

Questions to Include in Your Patient Assessments:

When was the last time you had a good belly laugh?
When was the last time you felt really grateful for something or someone?
How often do you laugh each day?
How often do you thank others, or God, or the universe, each day?
How often do you comfort yourself by expressing kindness toward yourself when you make a mistake or fail to meet your goals? (This does not include compulsive eating, drinking, sex or recreational drugs!)
How easily do you forgive people who disappoint you, do irritating things or get in your way?
How easily do you lose your temper in traffic when other people’s driving inconveniences you?
How often do you do good deeds, mitzvahs or random acts of kindness without prompting from others?
What do you believe is your purpose for being alive?
References


