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| [**NowMattersNow.org**](https://www.nowmattersnow.org/) **Diary Card** |
| Choose one skill for each day. It’s okay to do more than one a day, but starting small can be useful.Please use in coordination with NowMattersNow.org Safety Plan and Guide | **Opposite Action (OA)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Notice Urge:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stress: \_\_/5 |  |  |  |  |  |  |  |
| Opposite Ideas:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |
| Act opposite with attention, body, behavior, thoughts, voice tone. Degree: \_\_/5 |  |  |  |  |  |  |  |
| Act opposite \*all the way\* for at least 3 mins. Stress After: \_\_/5 |  |  |  |  |  |  |  |
| Note what might have happened without OA or watched NMN OA video. |  |  |  |  |  |  |  |
| **Paced Breathing (PB)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Notice Urge:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stress: \_\_/5 |  |  |  |  |  |  |  |
| Make Exhale longer than Inhale by 1 or more beats. My Count: \_\_/ \_\_ |  |  |  |  |  |  |  |
| Paced Breathing \*all the way\* for at least 3 mins Stress After: \_\_/5 |  |  |  |  |  |  |  |
| Note what might have happened without PB or watch NMN PB video. |  |  |  |  |  |  |  |
| **Mindfulness (MF)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Notice Thoughts:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stress: \_\_/5 |  |  |  |  |  |  |  |
| Ask “Is what I’m paying attention useful?” |  |  |  |  |  |  |  |
| Choose to pay attention to what is useful. Degree: \_\_/5 |  |  |  |  |  |  |  |
| Choose what to pay attention to for at least 3 mins. Stress After: \_\_/5 |  |  |  |  |  |  |  |
| Note what might have happened without MF or watch NMN MF video. |  |  |  |  |  |  |  |
| **Mindfulness of Current Emotion (MCE)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Noticed Urge:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stress: \_\_/5 |  |  |  |  |  |  |  |
| Scan core body for sensations:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |
| Chose one to be mindful of one:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |
| Inattentive of thoughts (worries, judgements, etc.) for 1 min... Degree: \_\_/5 |  |  |  |  |  |  |  |
| While also attentive of one sensation. Stress After: \_\_/5 |  |  |  |  |  |  |  |
| Note what might have happened without MCE or watch NMN MCE video. |  |  |  |  |  |  |  |
| **On Fire Steps (Stop, Drop, Roll)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Stop Reminder/Action: Stop! Wait to act in extreme time of stress. |  |  |  |  |  |  |  |
| Stop Practice:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |  |  |  |  |  |  |  |
| Drop Reminder/Action: Drop your stress with cold or sleep. Reset your physiology. |  |  |  |  |  |  |  |
| Drop Practice: :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |
| Roll Reminder/Action: Roll away painful thoughts. Find others, look in their eyes. |  |  |  |  |  |  |  |
| Roll Practice: Sent caring message(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |  |  |

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| **NowMattersNow.org Diary Card** |
| Choose one skill for each day. It’s okay to do more than one a day, but starting small can be useful.For OA: I’m thinking about how to do at work. Not sure yet.For MF It was hard to let go of judgment. I gave myself a 3/5 because I did it half the way. | **Opposite Action (OA)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Notice Urge: stay in bed, not answer phone, avoid work email  |  | 5 |  |  |  | 5 |  |
| Opposite Ideas: turn on dance music, sit up in bed, walk to shower, feel water on skin. |  | x |  |  |  | x |  |
| Act opposite with attention, body, behavior, thoughts, voice tone. |  | 4 |  |  |  | 4 |  |
| Act opposite \*all the way\* for at least 3 mins.  |  | 5 |  |  |  | 3 |  |
| Note what might have happened without OA or watch NMN OA video. |  | x |  |  |  | x |  |
| **Paced Breathing (PB)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Notice Urge: Call my ex. Go out and drink. Avoid feeling alone.  | 4 |  |  |  |  |  |  |
| Make Exhale longer than Inhale by 1 or more beats.  | 3/5 |  |  |  |  |  |  |
| Paced Breathing \*all the way\* for at least 3 mins.  | 3 |  |  |  |  |  |  |
| Note what might have happened without PB or watch NMN PB video. | x |  |  |  |  |  |  |
| **Mindfulness (MF)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Notice Thoughts: I hate my life. What is wrong with me? I can’t handle this. |  |  |  | 5 |  |  |  |
| Ask “Is what I’m paying attention useful?”  |  |  |  | x |  |  |  |
| Choose to pay attention to what was useful without judgment. |  |  |  | 3 |  |  |  |
| Choose what to pay attention to for at least 3 mins. Ask about friend’s life & fully listen. |  |  |  | 4 |  |  |  |
| Note what might have happened without MF or watched NMN MF video. |  |  |  | x |  |  |  |
| **Mindfulness of Current Emotion (MCE)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Notice Urge: Scream in a meeting at work :)  |  |  | 5 |  |  |  |  |
| Scan core body for sensations: Cold on my back, spidery feelings on shoulders, sinking stomach |  |  | x |  |  |  |  |
| Choose one to be mindful of one: Cold sensation in center of back, about 10 inch across circle |  |  | x |  |  |  |  |
| Inattentive of thoughts (worries, judgements, etc.) for 1 min...  |  |  | 3 |  |  |  |  |
| While also attentive of one sensation.  |  |  | 3 |  |  |  |  |
| Note what might have happened without MCE or watch NMN MCE video. |  |  | x |  |  |  |  |
| **On Fire Steps (Stop, Drop, Roll)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Stop Reminder/Action: Stop! Wait to act in extreme time of stress. Traffic accident Sun. |  |  | R |  | R |  | A |
| Stop Practice: Waited 10 mins to respond to frustrating text from daughter |  |  | x |  | x |  | -- |
| Drop Reminder/Action: Drop your stress with cold. Reset your physiology.Cold water. |  |  | R |  | R |  | 5 min |
| Drop Practice: Drank glass of very cold water Wed. Used Ice-Pack on back of neck Fri. |  |  | x |  | x |  | -- |
| Roll Reminder/Action: Video messaged wife once away from physical danger Sun |  |  | x |  | x |  | A |
| Roll Practice: Sent caring message(s): Daughter, wife. | x |  | x |  | x |  | -- |