

# ARSHINA MUHAMMED

CONSULTANT PSYCHOLOGIST

9778440326

arshinamhd786@gmail.com

Ernakulam

**Client Name: Sajitha.A**

**Session No: 1**

**Client ID: 8744**

**Date: 05/08/2024**

## THERAPEUTIC ACTIVITIES PRESCRIPTION

### 1. Thought Log

*Instructions:*

- **Identify a Situation:** Choose a specific event each day that triggered strong thoughts or emotions.
- **Record Your Thoughts:** Write down the exact thoughts that goes through in your mind
- **Label Your Emotions:** Note the emotions you felt in response to your thoughts.
- **Observe Your Behaviors:** Describe the actions you took as a result of your emotions.

*Purpose:* To become aware of how your thoughts influence your emotions and behaviors, helping you identify and change negative thought patterns.

### 2. Box Breathing

*Instructions:*

- **Inhale:** Slowly inhale through your nose to a count of four.
- **Hold:** Hold your breath for a count of four, acknowledging and welcoming any thoughts or emotions.

- **Exhale:** Slowly exhale through your mouth to a count of four.
- **Hold:** Hold your breath again for a count of four.

*Purpose:* To calm your mind and reduce stress, creating space for mindfulness and emotional regulation.

### **3. STOPP Method**

*Instructions:*

- **S - Stop:** Pause when you notice a strong emotional reaction.
- **T - Take a Breath:** Take a deep, slow breath.
- **O - Observe:** Notice your thoughts and feelings.
- **P - Pull Back:** Consider the situation from a balanced perspective.
- **P - Practice What Works:** Choose a helpful and effective response.

*Purpose:* To manage instant reactions to challenging situations, allowing for more thoughtful and effective responses.

### **4. JPMR (Jacobson's Progressive Muscle Relaxation)**

*Instructions:*

Follow the audio being shared

- **Tense:** Starting from your toes, tense each muscle group for about 5 seconds.
- **Relax:** Release the tension and focus on the sensation of relaxation for about 10 seconds.
- **Progress:** Move progressively through each muscle group (toes, feet, legs, abdomen, chest, arms, hands, neck, face).

*Purpose:* To reduce physical tension and promote relaxation, enhancing your overall sense of well-being.

### **5. Gratitude journal**

*Instructions:* list out the experiences or moments of gratitude which helps you moving on.

**Follow-Up:**

- **Next Appointment:** 12/08/2024

**ARSHINA MUHAMMED**