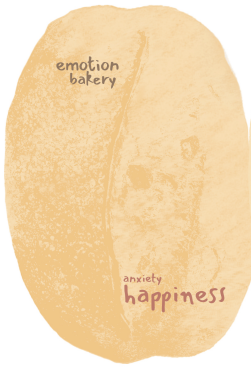


emotion bread booklet



journaling,

is one of the secret ingredients to the recipe of the emotion baking process.

This brochure will guide you through the entire process, starting from journaling.

You may write down your thoughts, feelings, observations, ANYTHING.

There is no right or wrong answer.

prep the ingredients.

- A pair of observative eyes
- A pair of observative ears
- Sensitivity
- Breathing
- Acceptive mind
- 100% focus on the present
- The happiness bread

These ingredients are required throughout the whole emotion baking process.

00 ingredients

first,

Take three deep breaths.

In through your nose, feeling your chest filled with air

Out slowly through your mouth, count 5 seconds.

01 warm the dough

focus on the anxiety.

Place your palm against your chest. Write down everything you feel physically in the body.

How is your heart beat?

How is your breathing pattern?

Do you feel aches in any part of the body?

02 physical observation



Social

How is your behavior affected by the anxiety?

How do you feel when interacting with people?

Do you want to be alone? or talk to someone?

What is the place you want to be the most right now?

03 behavioral observation



what's on your mind?

What is making you anxious?

Why is it making you anxious?

Do you feel hatred? Painful? Helpless? Describe your feelings.

Remember, every feeling is real. Treat it as a piece of information. Do not oppress, nor avoid.

04 mind observation



why write it?

These are the information your body is trying to tell you.

Noticing is the first step to get to know your emotion, to acknowledge it as your authentic self.

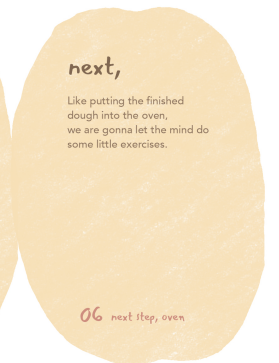
It is one of the most direct way to have a chat with your mind.

05 understanding why

next,

Like putting the finished dough into the oven, we are gonna let the mind do some little exercises.

06 next step, oven



Scan

The code using the tablet in front of you.



07 open the oven

These exercises allow you to immerse your mind in a different state, more peaceful, calm, and purified.

Then it will be easier for you to decipher the information the emotion is trying to tell you.

Write down whatever comes to your mind.

08 understanding why

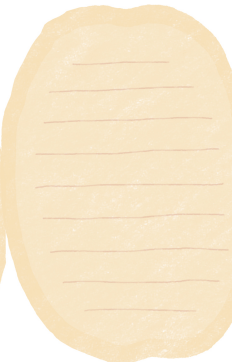
ready?

Pick two exercises from the list. Follow the instructions. Journal down your feelings, thoughts, observations here.

09 in the oven

your first exercise:

10 first exercise



your second exercise:

11 second exercise



happiness

How do you feel physically?

What are your thoughts?

How has your feeling of anxiety changed?

What does anxiety means to you?

12 take it out the oven



final notes

Everyone has their own way to cope with anxiety.

Your anxiety is different from your friend, so only you could bake your anxiety bread.

By paying love, care, patience with it, it will be a positive experience.

13 tips

Take the QR code from the tablet to get your bread.

14 finished!

