



**YOUR  
MENTAL HEALTH  
*MAKEOVER***

**BREEDLOVE  
COUNSELING**

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**2022**

# WHEEL OF LIFE

Add **feeling words** to each area on the wheel below to signify how you feel about each part.

**Happy:** excited, joyful, satisfied, relieved, glad, pleased, content

**Sad:** alone, hurt, distressed, lost, let down, unhappy, upset, disappointed

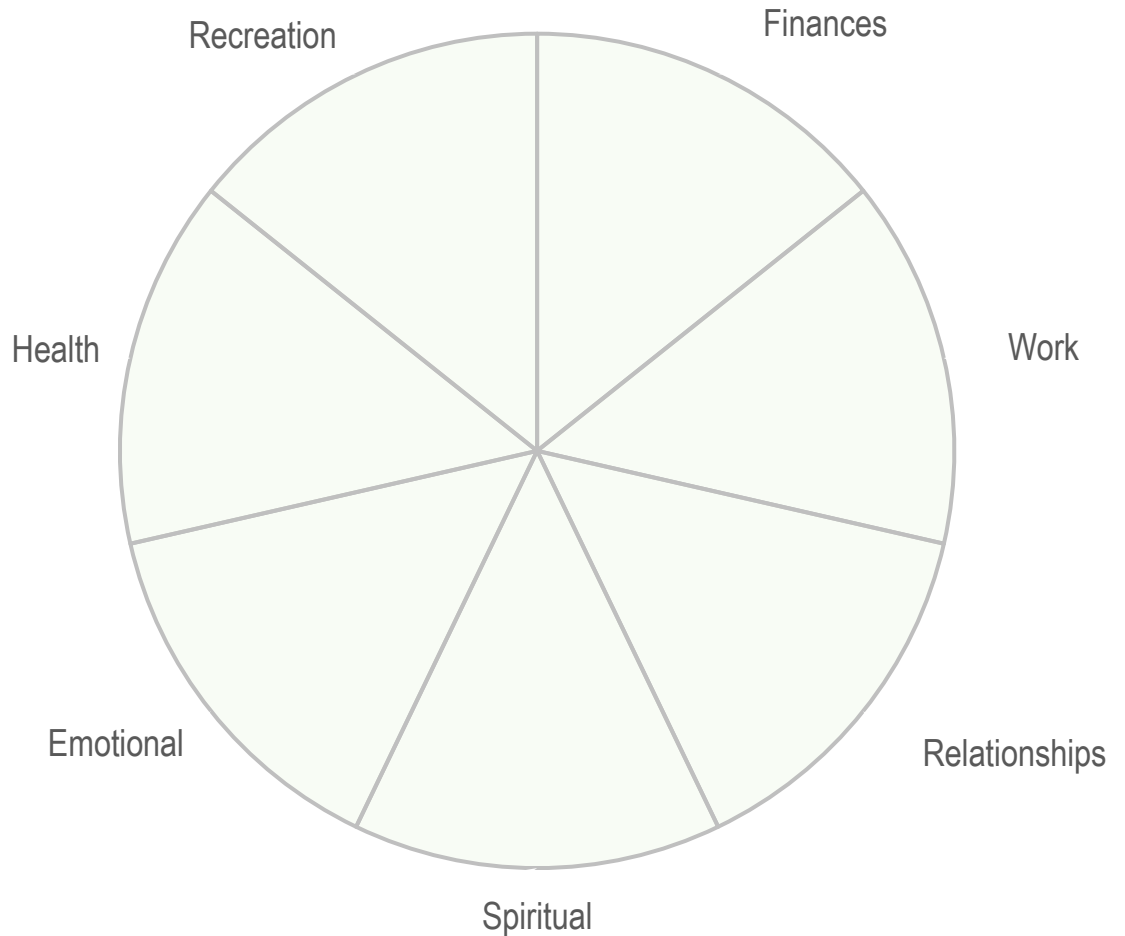
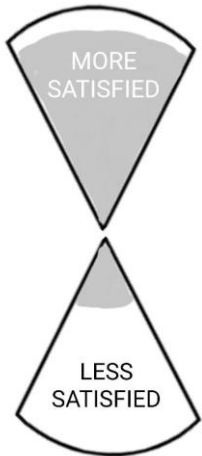
**Angry:** betrayed, upset, frustrated, irritated, resistant, touchy

**Ashamed:** disgraced, apologetic, guilty, embarrassed, uncomfortable, shy

**Afraid:** panicky, shocked, apprehensive, uneasy, insecure, worried, unsure

ASSESS

Shade in each pie shape to represent how satisfied you are with that area of life right now.



*Which area of life is MOST stressful right now and why?*

# RELAXATION & REST

*“What is scheduled and written is more often accomplished.”*

Where do you carry stress in your body?

\_\_\_\_\_

REST

Circle one way one way you will decrease physical tension this week:

Deep breathing   Humming   Singing   Yoga/Stretching   Exercise

Massage   Other \_\_\_\_\_

Scheduled \_\_\_\_\_

How many hours of sleep do you get on average? \_\_\_\_\_

Which of the following will you try this week to improve your sleep hygiene:

No large meals before bed   Avoid alcohol/caffeine/fluids before bed

Blue light blockers   Put phone down 30 min before bed

Set up relaxing routine   Sleep in bed   Try a sleep story

Keep a sleep diary   Go to bed at a set time: \_\_\_\_\_

Other \_\_\_\_\_

# CUTTING OFF & PUTTING ON

What needs to be removed  
or reduced?

Relationship: \_\_\_\_\_

Substance: \_\_\_\_\_

Way of thinking: \_\_\_\_\_

Behaviors: \_\_\_\_\_

Other: \_\_\_\_\_

ACT

## 1:1:1 METHOD

One thing to remove/add: \_\_\_\_\_

One action step: \_\_\_\_\_

One person you will tell: \_\_\_\_\_

What needs to be put on,  
or added in?

Spiritual Practice: \_\_\_\_\_

Social Connections: \_\_\_\_\_

Gratitude: \_\_\_\_\_

Service: \_\_\_\_\_

*STOP, DROP,  
AND JOURNAL*

*Written or drawn expression of ruminating thoughts  
can bring clarity, focus, and release of tension.*

Use this space to express whatever you are feeling inside.

INVEST

Carrie Breedlove  
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EMDR Trained



## **Breedlove Counseling**

*Finding Joy on the Unchosen Journey*

- Christian based therapy for women 20+
- Grief: death of friend, family, infant/child, death of a dream, post-divorce care, suicide loss survivor
- Life Transitions: moves, career changes, care taking for elderly family members
  - Anxiety/Depression
- Private pay, in person, and telehealth

GET  
HELP

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