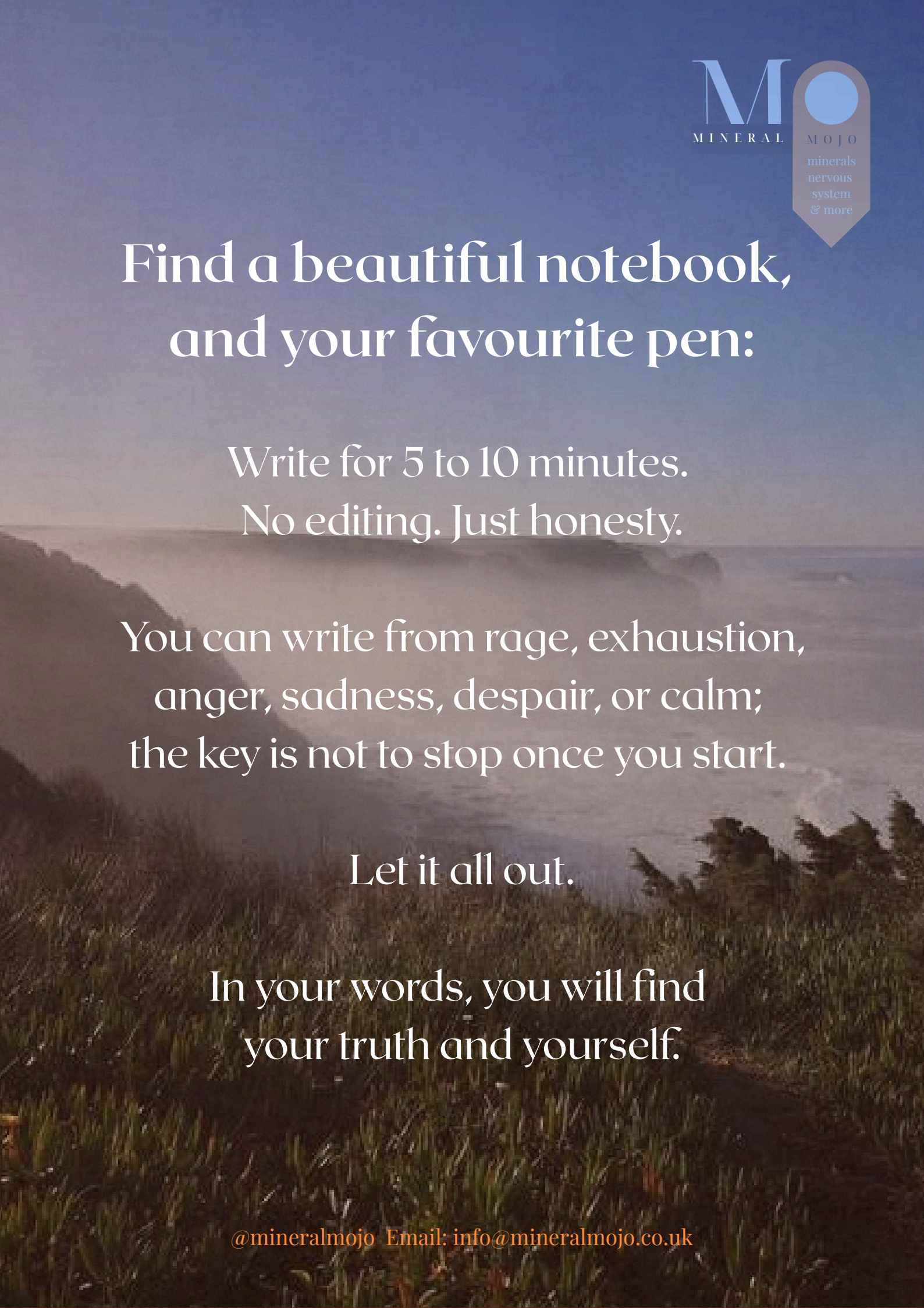
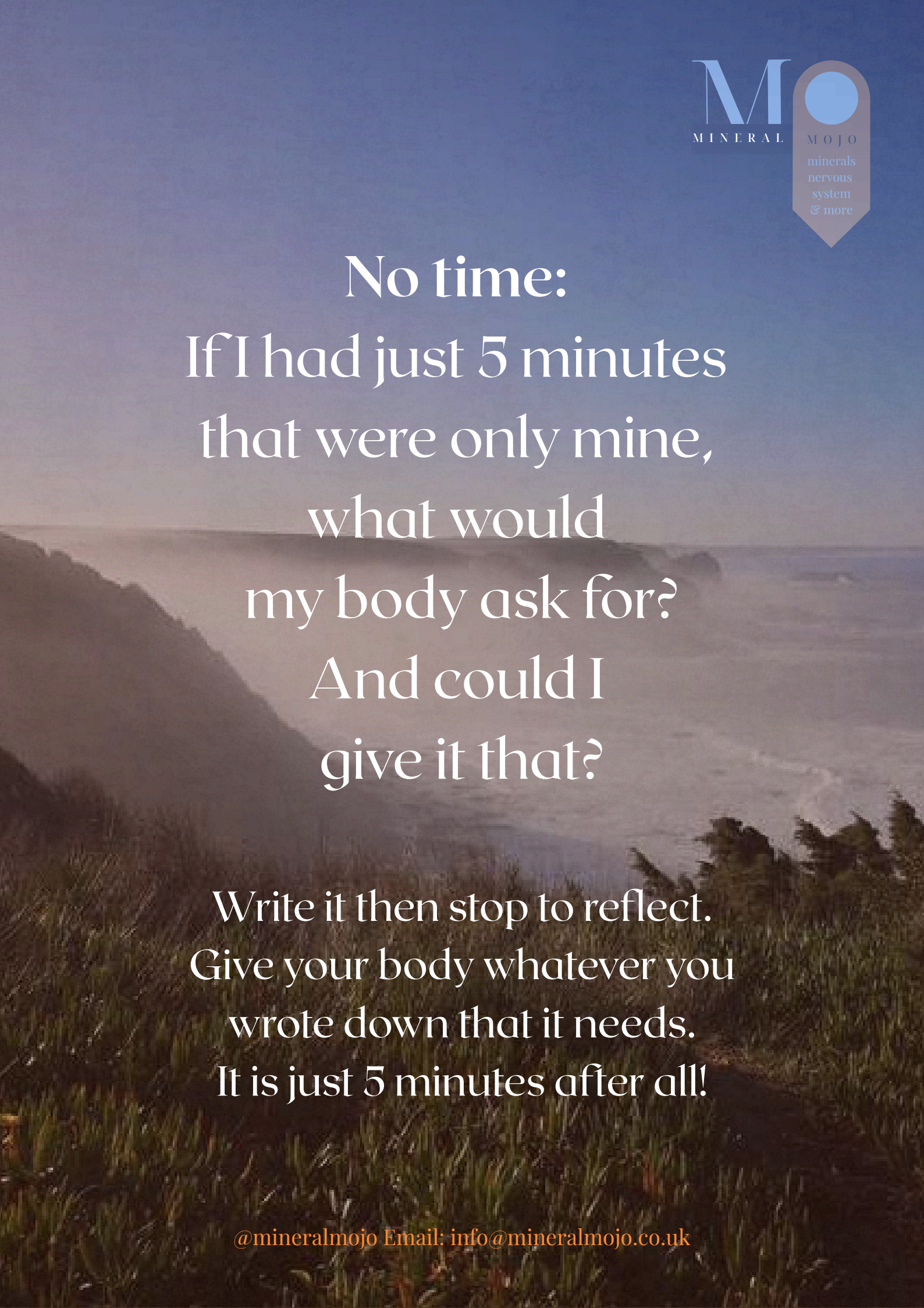


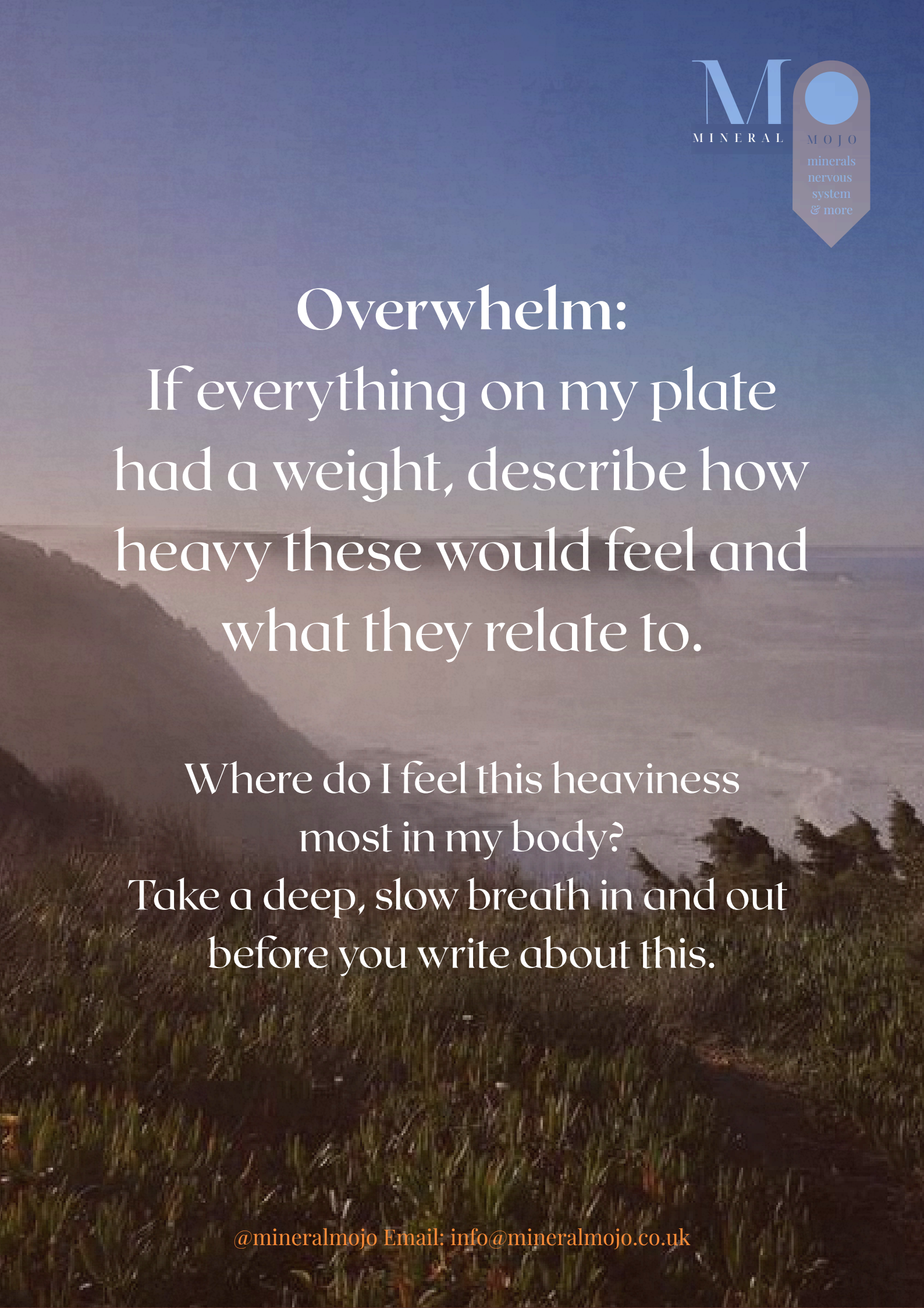
Pain to Paper:

10 prompts for any day.

@mineralmojo TM: 932404449 Email: infor@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
Find a beautiful notebook,
and your favourite pen:
Write for 5 to 10 minutes.
No editing. Just honesty.
You can write from rage, exhaustion,
anger, sadness, despair, or calm;
the key is not to stop once you start.
Let it all out.
In your words, you will find
your truth and yourself.
@mineralmojo Email: info@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
No time:
If I had just 5 minutes
that were only mine,
what would
my body ask for?
And could I
give it that?
Write it then stop to reflect.
Give your body whatever you
wrote down that it needs.
It is just 5 minutes after all!
@mineralmojo Email: info@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
Overwhelm:
If everything on my plate had a weight, describe how heavy these would feel and what they relate to.
Where do I feel this heaviness most in my body?
Take a deep, slow breath in and out before you write about this.
@mineralmojo Email: info@mineralmojo.co.uk

MINERAL MOJO
minerals nervous system & more

Lack sleep & Exhaustion:

When my mind races at night, what are the 3 things I can say to calm myself down?

Rip this page out, put it near your bed, look at this when you can't sleep and say it back to yourself.

@mineralmojo Email: info@mineralmojo.co.uk

MINERAL MOJO
minerals nervous system & more

Anxiety:

Where is the anxiety sitting in my body today, and what would it say if it could speak?

Putting words to anxious feelings, really helps to understand more, about where they maybe coming from.
This is a great exercise to do as soon as you feel anxious.
And a record will help you look back and figure out the patterns that triggers you and when. If it is out on paper, it is easier to see, understand and eventually deal with.

@mineralmojo Email: info@mineralmojo.co.uk

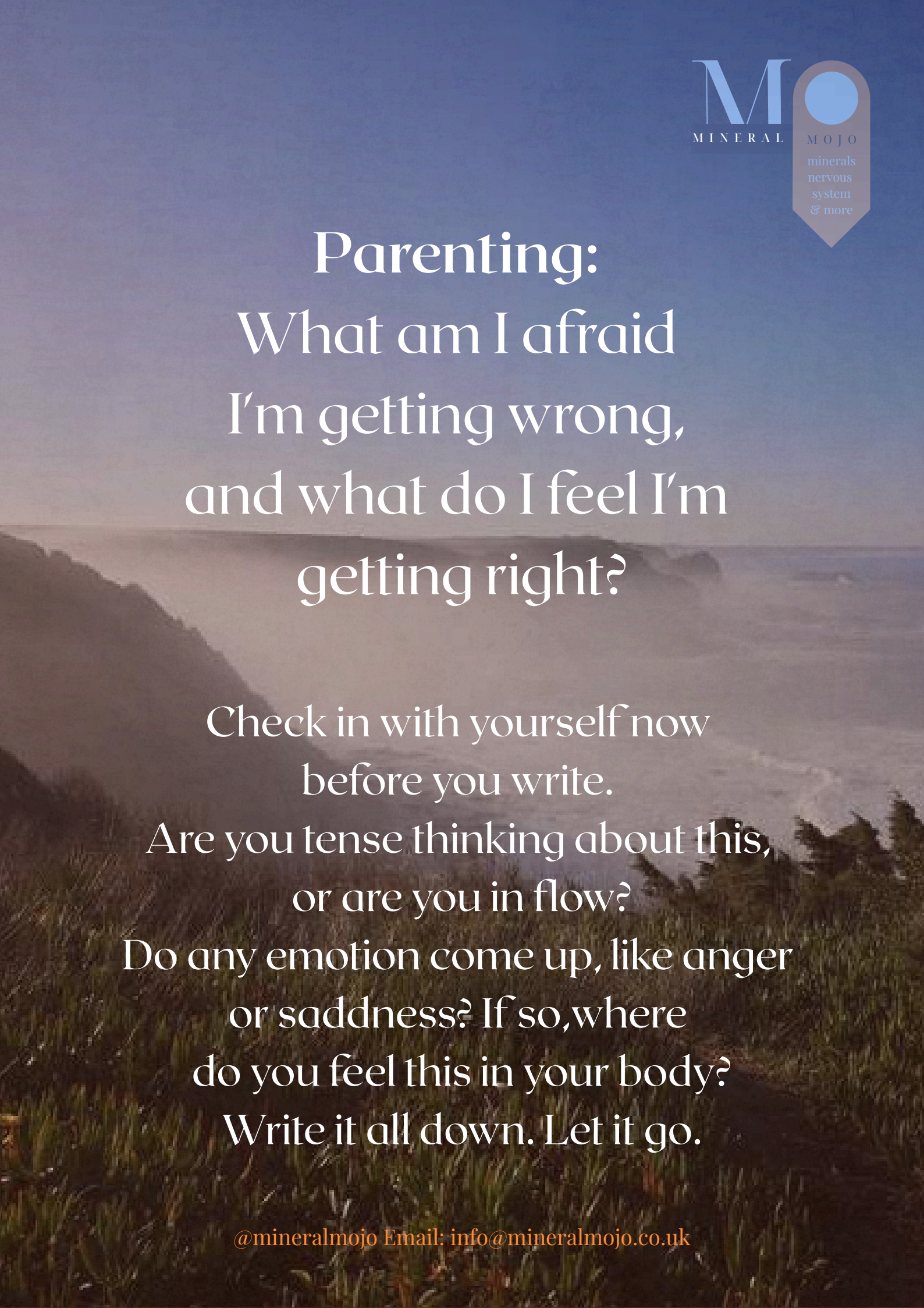
MINERAL MOJO
minerals nervous system & more

Relationships:
What am I holding in that I wish I could say out loud, to make things easier for me and us?

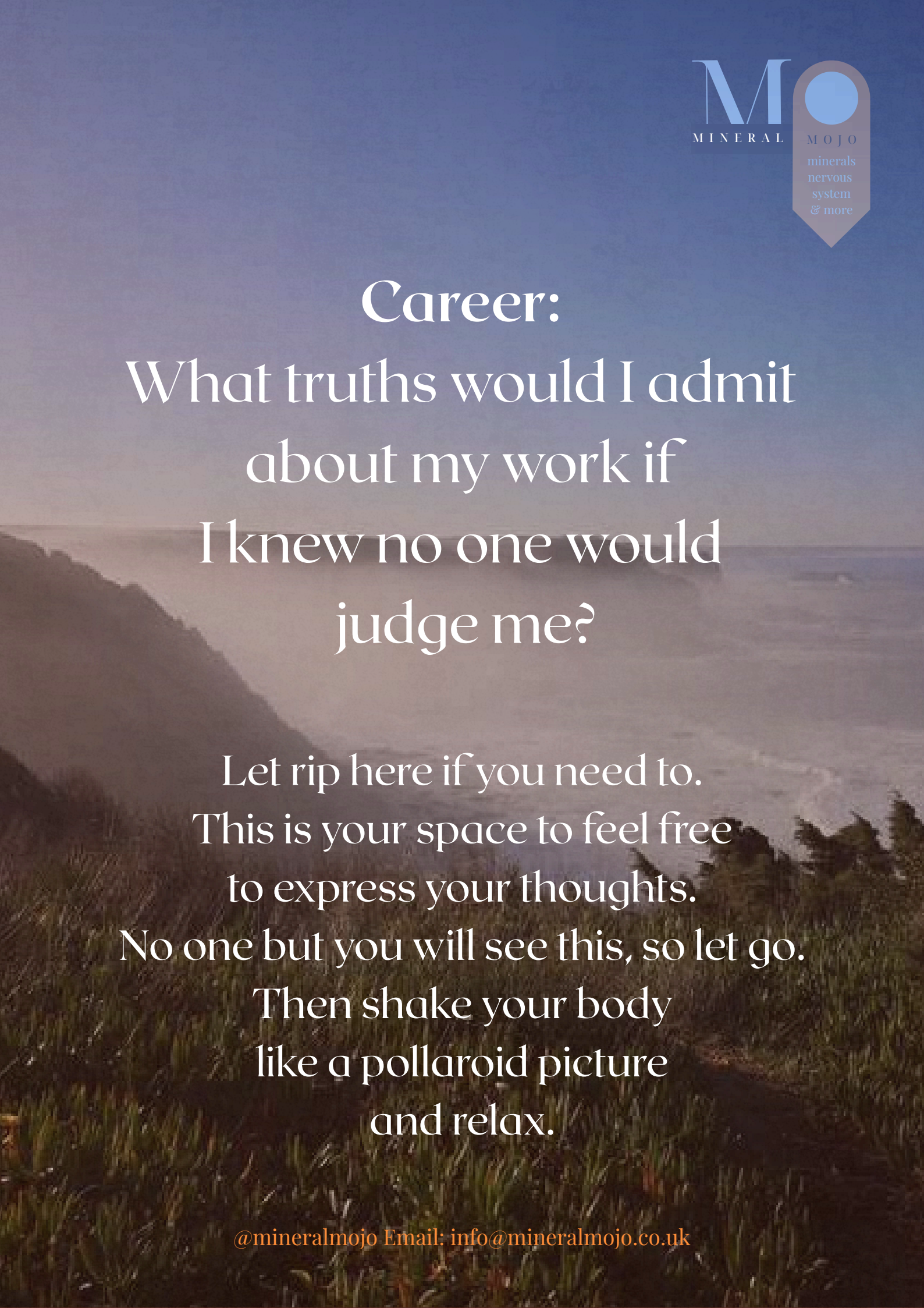
This is where rage may be sitting, or saddness, frustration even bordem, Happiness, love, or all of the above. Whatever it is, express it with honesty and then leave it on the page. Don't look back. It is out now, cleared from your mind.

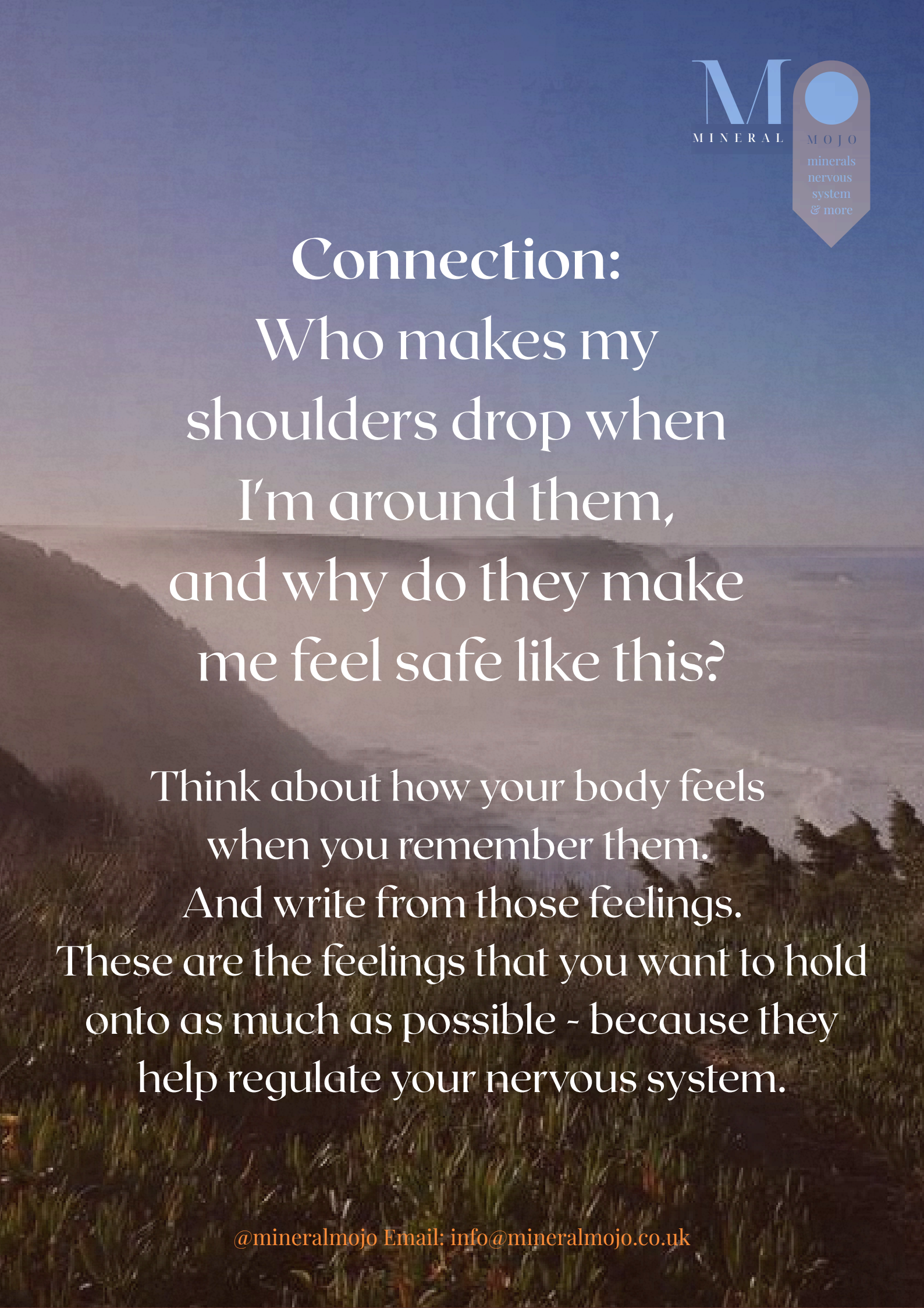
Go for a walk straight after.

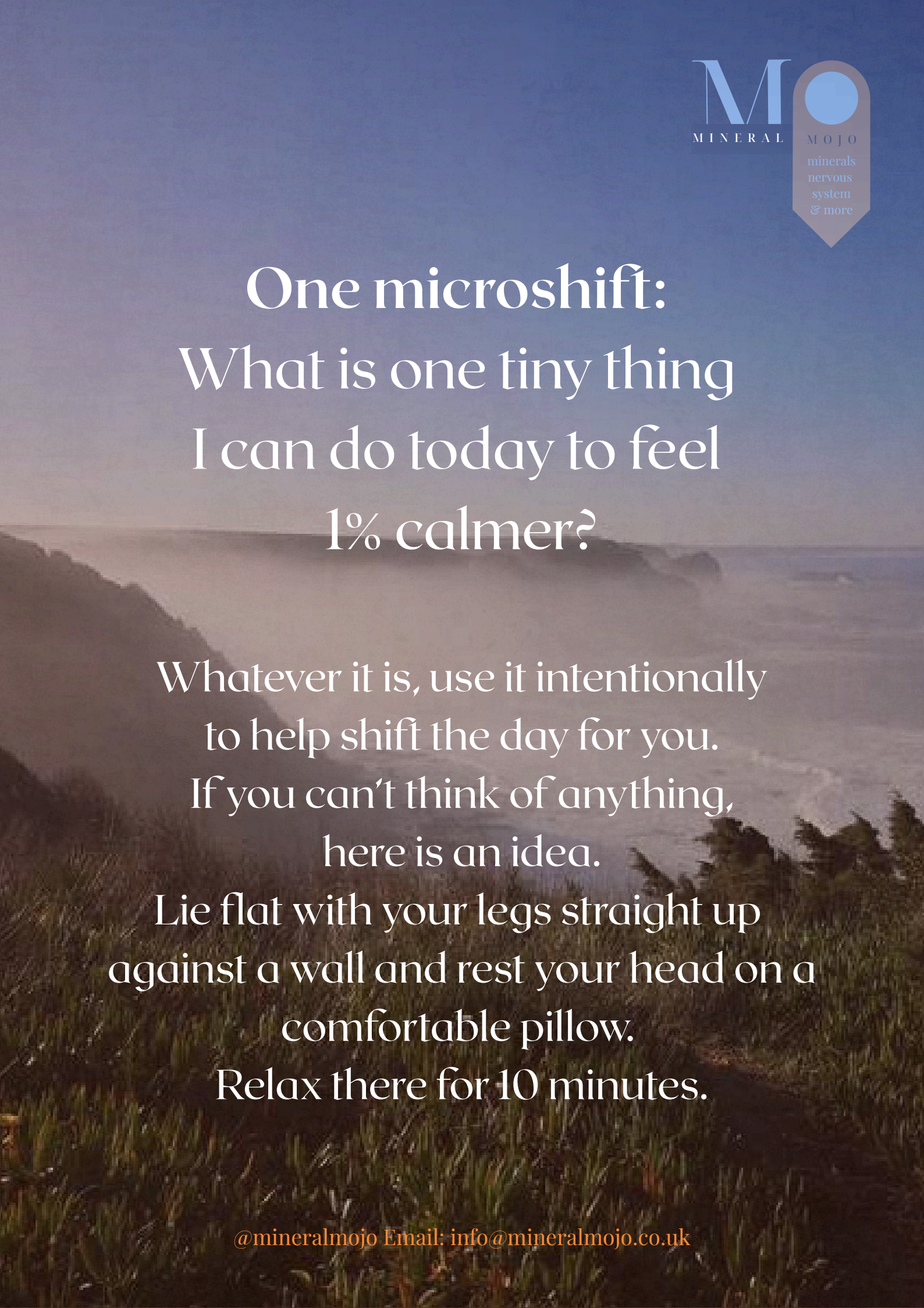
@mineralmojo Email: info@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
Parenting:
What am I afraid
I'm getting wrong,
and what do I feel I'm
getting right?
Check in with yourself now
before you write.
Are you tense thinking about this,
or are you in flow?
Do any emotion come up, like anger
or saddness? If so,where
do you feel this in your body?
Write it all down. Let it go.
@mineralmojo Email: info@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
Time of the month:
What does my body need this
week that I haven't
given myself permission for?
My answer is always rest, what is yours?
Whatever it maybe, respect yourself
this week by listening to what you wrote
and try to put it into action.
See how your mind and body
respond when you do so.
@mineralmojo Email: info@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
Career:
What truths would I admit
about my work if
I knew no one would
judge me?
Let rip here if you need to.
This is your space to feel free
to express your thoughts.
No one but you will see this, so let go.
Then shake your body
like a pollaroid picture
and relax.
@mineralmojo Email: info@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
Connection:
Who makes my
shoulders drop when
I'm around them,
and why do they make
me feel safe like this?
Think about how your body feels
when you remember them.
And write from those feelings.
These are the feelings that you want to hold
onto as much as possible - because they
help regulate your nervous system.
@mineralmojo Email: info@mineralmojo.co.uk


MINERAL
MOJO
minerals
nervous
system
& more
One microshift:
What is one tiny thing
I can do today to feel
1% calmer?
Whatever it is, use it intentionally
to help shift the day for you.
If you can't think of anything,
here is an idea.
Lie flat with your legs straight up
against a wall and rest your head on a
comfortable pillow.
Relax there for 10 minutes.
@mineralmojo Email: info@mineralmojo.co.uk