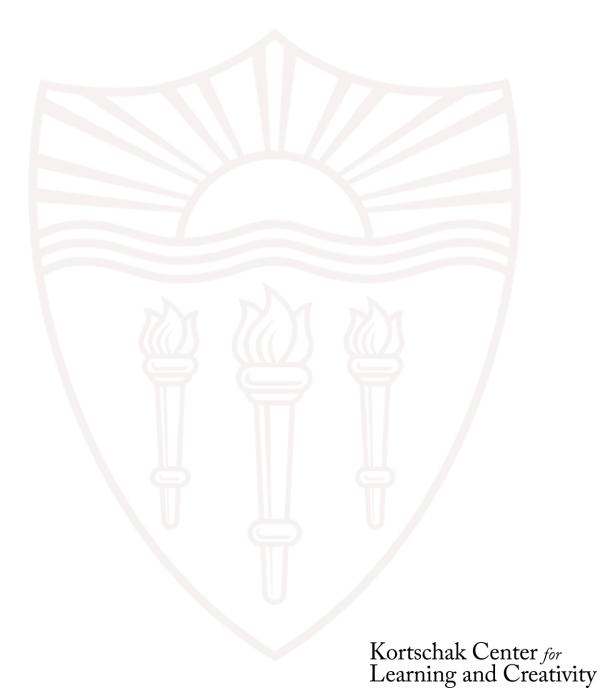


INCREASE YOUR SELF-AWARENESS TO MANAGE STRESS AND GROW YOUR INTROSPECTION

Jordan Gant





What is Introspection?



- The process of exploring what is going on in our minds and bodies
- Being in the present, allows us to experience our existence with less judgment and more insight
- (Eyal, 2023)



Reflection is a Key Element of Introspection

- We can only evaluate and reevaluate our thoughts when we reflect upon our experiences.
- (Hixon & Swann, 1993)





Developing our Reflection Skills

Developing our reflection skills can be done in multiple ways:

- 1. Reflect on a stressful situation
- 2. Recognize how your body is feeling in response
- 3. Recognize your immediate thoughts
- 4. What behavior will you engage in to calm yourself?



Additional Ideas to Encourage Introspection: Gratitude

- Dedicate time for reflecting on gratitude
- Make it social
- (Armenta et al., 2022)





Ideas to Encourage Introspection: Affirmations



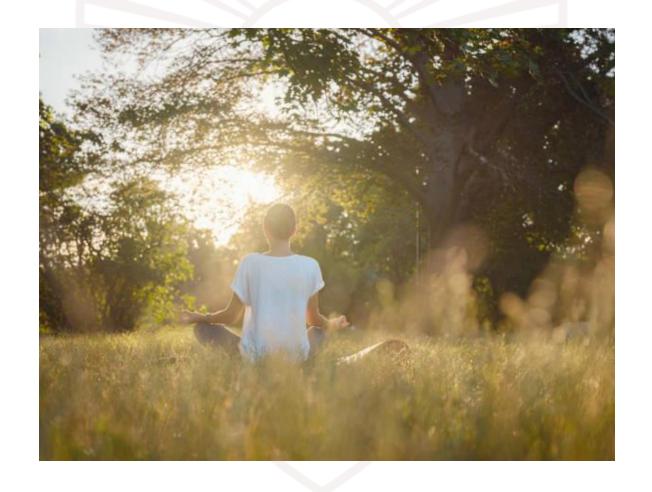
- Practice positive self-talk
- Affirmations

• (Buhle et al., 2013)



Additional Ideas to Encourage Introspection: Meditation

- Breathing meditations
- Chanting
- Prayers





Ideas to Encourage Introspection: Journaling

- Journaling:
 - On empowering topics
 - On stressful topics







Final Thoughts on Promoting Introspection

- Accept that change is constant and necessary for growth
- When we accept change, we are able to reflect more effectively
- When we reflect, we are more likely to understand what is happening inside of us



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