

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

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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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