

Decision-Making for Health

Mrs. Hunter

Take 1 minute to do mindful breathing

Pay attention to every breath as
much as possible

Remember to do the following:

- Relax
- Turn on any calming music
- Breathe from your chest, belly, or nose



You make decisions every day. Some decisions are easy some are difficult.

Learning how to make a thoughtful decision helps you solve problems

Questions to think about:

1. What kind of decisions do you make for yourself?
2. How do your decisions affect your health?
3. How do your decisions reflect who you are--your personality and values?

Decisions, Decisions

—

Think about at
least 2 decisions
you make daily

Are these choices healthy or
unhealthy?

What do your
decisions say about
you---about who
you are and what
you value?

Figure It Out

PROPS: A decision-making method

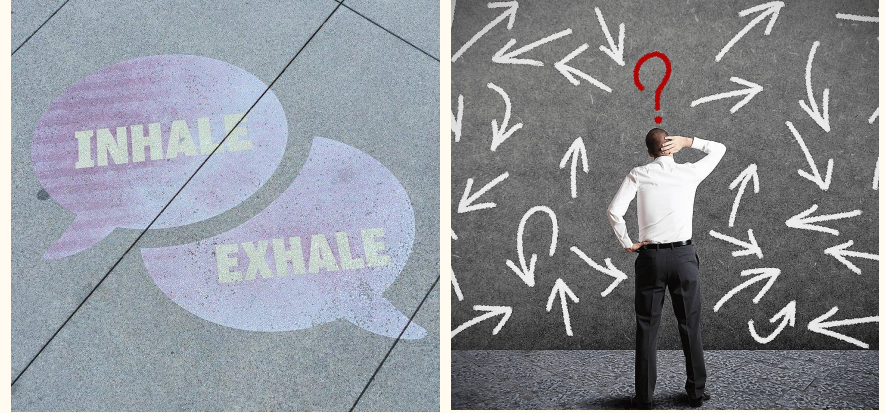
Pause: Take a breath

Reflect: What decision needs to be made?

Options: Consider the risks and benefits

Prioritize: What's important to you

Select: Make your decision



Healthy Choices



Think about a decision
you are going to make in
the next several weeks or
months.

Use PROPS decision making skills

Write down a few sentences or think about how you reached a decision.

What were the parts of your problem?

What was your final decision?

How does mindfulness improve decision-making in your life?

Mindfulness teaches us how to notice when we are experiencing emotions and feelings, to stop and watch how they feel in our mind and our body, and to help us react differently than we may have in the past.

Making decisions can be stressful to some, if we stop and we are mindful we can relax our brains and body.



Pay attention to how you are feeling

Conclusion

Mindfulness means that you're present--aware of your thoughts, feelings, and surrounding environment. With mindfulness, the decision-making process helps you slow down rather than make impulsive decisions.

We all make bad decisions from time to time- but practicing mindfulness can help us all develop ways of making good decisions.

Remember you can download Calm.com, it's a free app. It has breathing exercises, lessons on anxiety, body scans, music, etc