

AAA Triple A's of Change

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Awareness – I notice something isn't working for me

Acknowledgement – I know I have the power to change

Action – I commit to an action plan to create change

1 2 3 4 5 6 7 8 9 10

- Pick something between 4 to 7
- 1 to 3 is easy to change
- 8 to 10 is more challenging

Notice How You Feel

Notice How You Feel w/ BET:

Notice your Body

- I feel fine
- I am hungry
- I have a headache

Notice your Emotions

- I feel happy
- I am frustrated
- I am worried

Notice your Thoughts

- What should I do next?
- I can't believe they said that.
- They should listen to me.

Managing Mind Benefits

Managing Your Mind Helps To:

- Think more clearly
- Embrace challenges
- Enhance our daily lives
- Improve communication
- Increase our productivity
- Believe skills improve w/ time
- Support ourselves and others



It just takes practice, and we can practice wherever we are, whatever the time

Body Actions

Move for 1 min every hour

Walk, Climb stairs, Desk exercises

Make time for physical activity

Walk, Hike, Bike, Run, Swim, Yoga, Sing, Dance, Garden, Bird Watch, Play Music, Play Sports

Recharge throughout the day

Morning: Stretch your body
Throughout: Feed your body
Evening: Rest your body

Resources

[Office Exercises](#)
[How to Stay Fit at Home](#)



Emotion Actions

Care for Yourself

Share your feelings
Create accomplishment Logs
Enjoy music, writing, art, crafts

Care for Colleagues

Listen to others with attention
Use language of appreciation
Give & receive feedback

Care for Those Less Fortunate

Volunteer, donate, use social media for good

Resources

[Emotional Intelligence](#)
[Appreciation at Work](#)



Thought Actions

Clear Your Mind

Practice Mindfulness
Use Meditation Apps
Box Breathing Video

Learn Something New

Read, Webinars, Courses

Laugh Frequently

Watch comedy
Play with kids and pets
Try laughter yoga

Resources

[Mindful Magazine](#)
[Calm Meditation App](#)

