



FREE DOWNLOADABLE
RUMERTIME®
GUIDED ACTIVITY

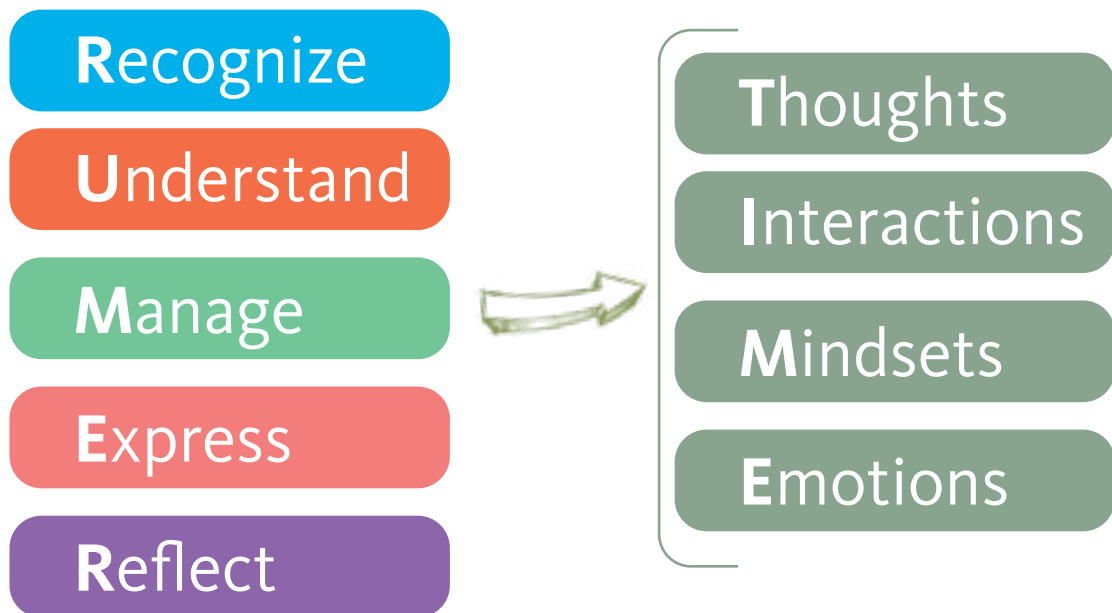


Did you know that you have over 6000 thoughts daily?

Did you know that 80% of those thoughts you have are negative thoughts?

Did you know that your brain shrinks with “bad stress” such as traumatic experiences such as loss, negative words, conversations and engaging with negative people, impacts your thoughts negatively. These physically strip away neurons which are a type of brain cell. Among other functions, neurons are responsible for decision-making and problem-solving. As these neurons are stripped, the brain shrinks.

The RUMERTIME Process® is a five step culturally responsive, social-emotional, problem-solving strategy that helps individuals of all ages move from a position of inter and intrapersonal imbalance to a position of inter and intrapersonal balance, and from unconscious living to conscious living.





Deconstruct or dissect or take apart your story. Use the questions on this page as prompts to help you:

Step 1.

Recognize, Identify, List your Thoughts about your story. (Ideas, pictures in your mind. Ex. I think that this is a terrible situation, etc.)

Step 2.

Recognize, Identify, List your Interactions (behaviors, or the things you did or are doing. Ex. sleeping a lot, drinking, exercising, etc.)

Step 3.

Recognize, Identify, List your Mindsets (your beliefs or attitudes, viewpoint, perspective. Ex. people who do this are dumb, etc.)

Step 4.

Recognize, Identify, List your Emotions (feelings. Ex. happy, sad, scared, anxious, worried, ashamed, etc.)

Color Me



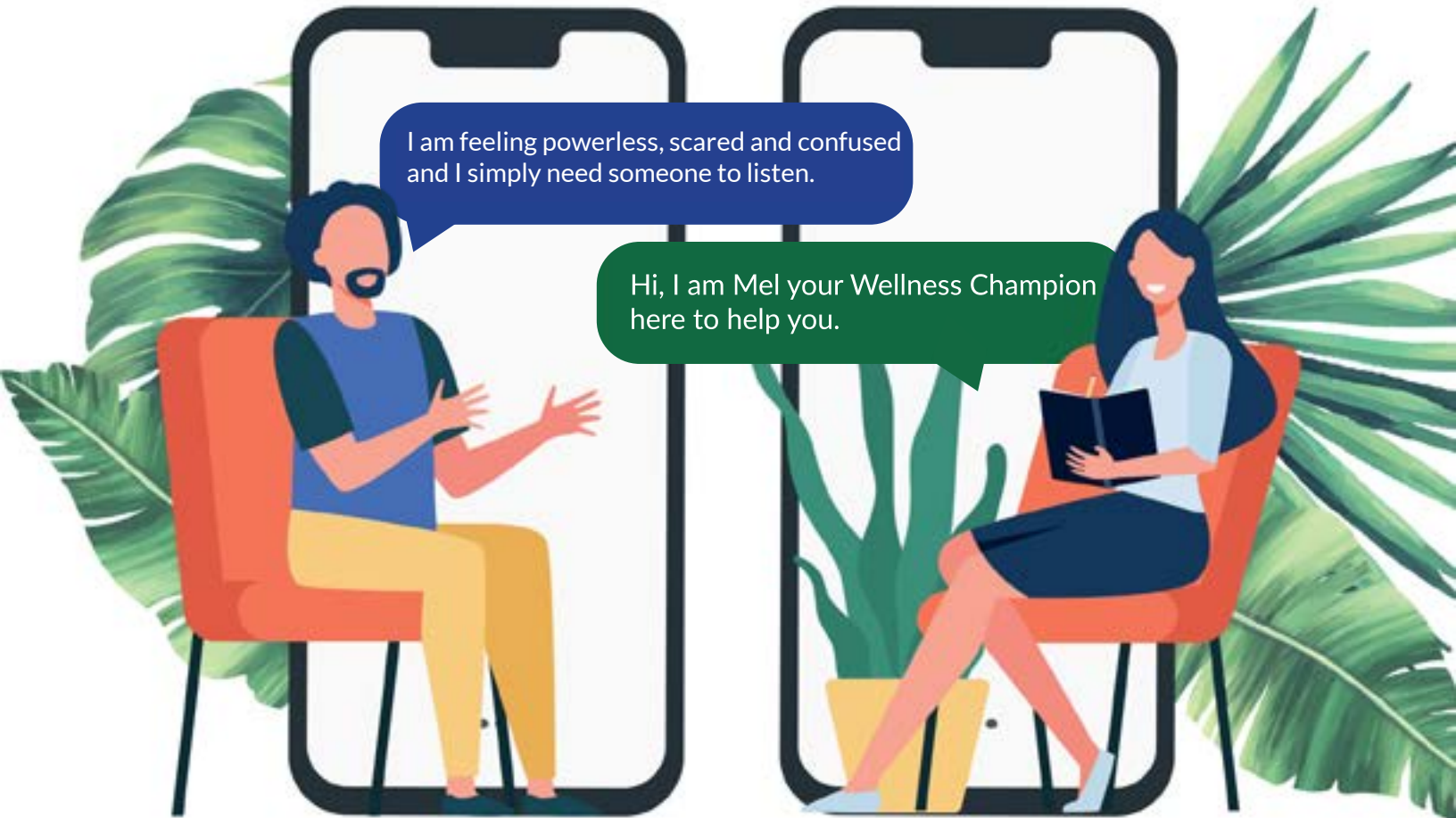
Color Me





House of Thoughts

	Thoughts	Emotions	Behavior
Harmful			
Helpful			
Harmful			
Helpful			
Harmful			
Helpful			
Harmful			
Helpful			
Harmful			
Helpful			



Our Listening Oasis Wellness Space is a social emotional wellness support listening service - an oasis to share your concerns, worries, fears, confusion, sadness, anxiety and overwhelm about life and all it's challenges.

Our Wellness Champions are available on



Our Listening Oasis Wellness Space is a completely FREE Service

1-833-427-5697

1-800-576-2395

1-574-514-5506 (WhatsApp)

www.everypiecematters.com/lows



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