

The 'MAD' Game

Mindless **A**utomatic **D**aily Routines
Activity with Nothing much for your Mind to do

Waking Up
Getting Up
Washing
Dressing
Eating/Drinking
Driving/Moving Around
Standing/Sitting
Telephone calls/Receiving/Making
Computer time
Meeting/Talking with Others
Reading
Sleeping

*Each activity provides Wind-Up Time.
Time for your Mind to play havoc with you,
to wind you up creating Stress, Anxiety and Tension.*

Tension-Stress-Anxiety → Release Cycle



Use each routine activity as a reminder to practice the Release Cycle

Start as You Mean to Go On

**Instead of continuously scoring points for Tension, Stress, and Anxiety
with every MAD activity,
Make sure you notice what is going on.**

Just pause for a moment

NOTICE and BE AWARE of Your **Breath, NOTICE and BE AWARE of Your **Body**,
NOTICE and BE AWARE of Your **Mind**.**

and in that moment, on the out breath....

**Let go of all the stress your Mind is storing up for you.
Let it completely drain away from you.**

**Begin before you get out of bed, and stay there for a few minutes until
you have calmed and prepared yourself ready for the day.**
**Throughout the day, each time you check in, you will not be scoring
points for stress, so much as Releasing Stress before it even gets started.**