

# Brain Dump

**After a long or challenging day, creating a brain dump might be a simple way to help process the day.**

**What is a brain dump?** It's the act of transferring all the contents in your mind onto paper. Think of dumping your backpack onto your kitchen table. What did you find? When you turn the faucet on in your mind, let all your thoughts flow out from your mind to your hand and onto the paper. It will help you see all your nagging thoughts, pesky annoyances and poking feelings.

Everyone might find a different time to practice a brain dump and no two lists will be the same. When is a time you might want to give a Brain Dump a try?

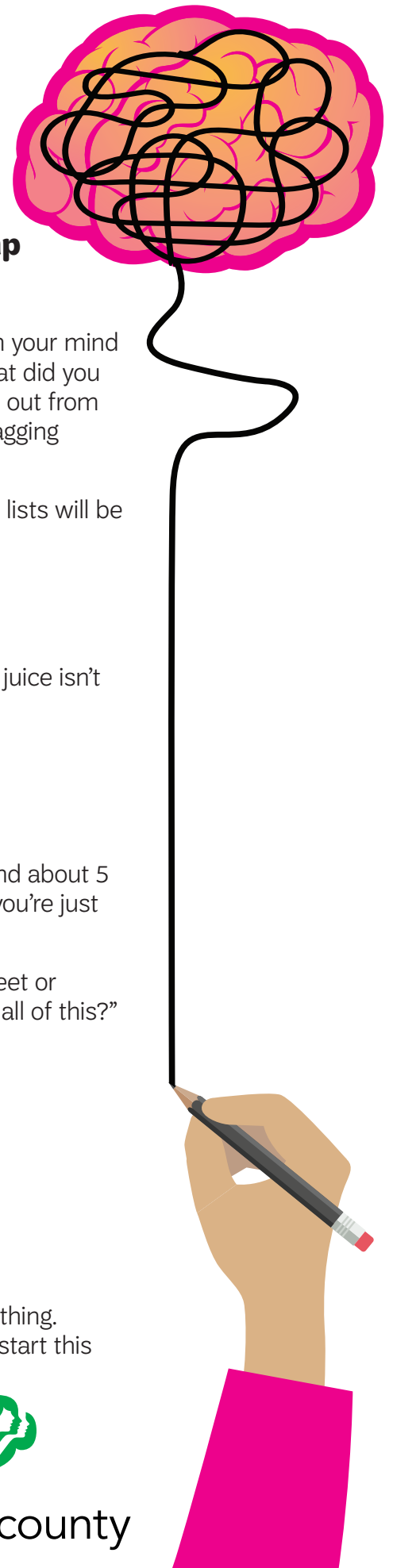
- At the start of your day before you start your school work
- If you're having a hard time falling asleep
- When you can't focus on the task you're working on
- When you're about to start a new project and notice your creative juice isn't flowing
- In the afternoon when you just had your recharged snack
- When you experience a major life change
- When your daily routine had to be switched around
- When you simply can't find the words to express yourself.

**How much time should I spend working on this?** Set a timer, and spend about 5 minutes, at most, on this. You don't want to spend too much time on it, you're just trying to get those pesky thoughts out there.

**What do I do with my brain dump?** After you've created this activity sheet or answered the questions you might think "Oh no! How am I going to solve all of this?" The answer is "You don't have to solve all this!"

- First take a deep breath and be proud of yourself for letting it out!
- Identify the stressors
- Make a to-do list with deadlines
- Make a plan
- Identify and discard what is out of your control
- Cross out those issues or items that aren't important anymore
- Ask for help with the task you might need assistance

**How often should I do this?** Brain Dumps aren't a one and done sort of thing. They should be a part of your daily or maybe a weekly routine. Once you start this mind declutter routine, you will see a change in your ability to focus and make sense of what's going on up there.



# My Brain Dump Worksheet

FOR GIRL SCOUT DAISIES AND GIRL SCOUT BROWNIES

**BRAIN DUMP:** Putting your thoughts and feelings on paper

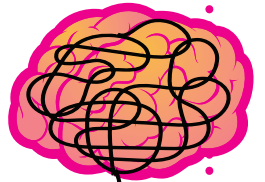
## WHY?

Organize your thoughts.  
Get your feelings out.  
Discover new ideas.

## HOW?

Simply write out,  
draw, or doodle  
what you're feeling.

**JUST GET IT OUT!** Take three deep breaths in through your nose and let your thoughts go!



  
girl scouts  
of nassau county



**You've successfully completed your Brain dump!** Take a deep breath and let it go.  
Tomorrow will be a new day.

Date \_\_\_\_\_

# My Brain Dump List

FOR GIRL SCOUT JUNIORS AND GIRL SCOUT CADETTES

## Ready, Set . . . Breathe

- Find a comfy spot.
- Close your eyes, if you like, for 30 seconds.
- Take a couple of deep breaths in through your nose, out your mouth.



*I'll do it later*



*Fear*



*Anger/  
Frustration*



*Discouragements*



*Incomplete Goals*



*Sad*

**You've successfully completed your Brain Dump!**

Take a deep breath and let it go. Tomorrow will be a new day.

Date \_\_\_\_\_

# My Brain Dump

FOR GIRL SCOUT SENIORS AND GIRL SCOUT AMBASSADORS

## Ready, Set . . . Breathe.

- Find a comfy spot.
- Close your eyes, if you like, for 30 seconds.
- Take a couple of deep breaths in through your nose, out your mouth.

## Collect.

- Grab something to write with and a piece of paper. Time to detach from your device!
- Let your pen go! Get things, thoughts, images, memories, sentences out of your head and onto the paper.
- Think, did you leave anything out?
- Now look at your list and prioritize.

## Reflect on the past week.

- Did I get everything done?
- If not, why not?

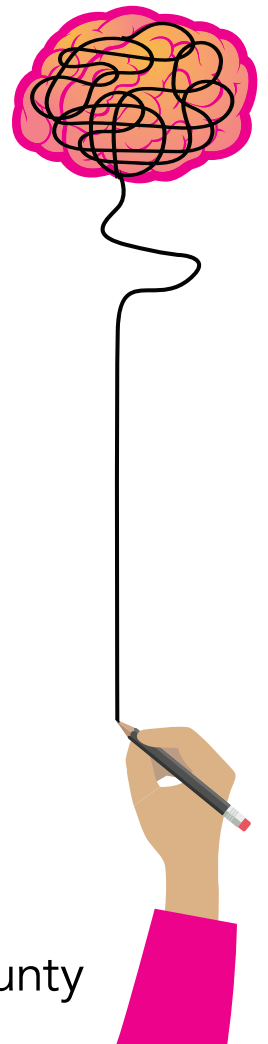
## What does this week look like? Plan it.

- What commitments do I have?
- What do I need to do to prepare?
- How much (sensibly) can I do in a day?
- Edit! Take out the impossible tasks. Small is still big steps forward.
- Are there any challenges that could get in the way?
- Am I being realistic with my plan?

## You've successfully completed your Brain Dump!

Take a deep breath and let it go. Tomorrow will be a new day.

Date \_\_\_\_\_



  
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## MY BRAIN DUMP Sources

<https://www.nytimes.com/2019/02/12/well/family/how-to-help-teens-weather-their-emotional-storms.html>

<https://www.ourmindfullife.com/brain-dump-list/>

<https://i.pinimg.com/originals/ec/70/69/ec7069a9cff82adfd0c82f3fe054026a.jpg>

<https://www.ourmindfullife.com/brain-dump-list/>

<https://littlecoffeeox.com/brain-dump/>

<https://rockyourhomeschool.net/brain-dump-use-kids/>

