



In this exercise,  
I'm going to highlight the necessary skill  
of bringing awareness to something  
that feels self-soothing, and protective to you,  
for the times when you need it most.

Even when you're incredibly busy,  
Or intensely stressed out,  
There are several ways  
To find a way to sooth yourself,  
And feel safer, cared for, and calm.

The first thing I recommend when you notice that you're stressed,  
Is to simply stop.  
Pause what you're doing (as long as it's safe to do so, of course),  
And allow yourself to simply be still.

The next step is to breathe.  
Simply notice yourself breathing,  
In and out.

Then just notice.  
What's going on in your body?  
What sensations can you feel?

Then try to reflect:  
What's causing this emotion?  
How can I respond in a way that benefits myself and others, in a compassionate way?

And then finally, respond:  
Do what you feel is kind, responsible, and fair to yourself and to others.

By repeating this exercises,  
you can decrease stress,  
Anxiety, and the re-surfacing of trauma  
***Over the long term***

Your body will also thank you,  
As daily stressors will take their toll over time.

Additionally, you can also try



Taking several long, slow breaths.

Singing

Listening to music

Calling a friend

Going for a walk outside

Or preparing a healthy meal

So with that in mind,

I'll guide you through this mindfulness exercise

with simple,

easy-to-follow,

self-soothing guidance,

that gently diverts

your attention away from distress,

to a peaceful focus

that allows you to feel calm,

grounded,

and able to choose your best response.

**(Guided meditation using the technique above)**

Excellent. Thank you for doing that with me.

So to recap:

When you feel stressed or overwhelmed,

Remember that there are always a number of things you can do

To soothe yourself and to find protection.

I recommend pausing, breathing, noticing what's you feel in your body,

Reflecting on your best, most appropriate response,

And then responding with kindness.

Often times, going for a walk, talking with a friend,

Or finding a way to take care of yourself

Is an outstanding response.

Thank you for your practice today,

And thank you for your mindfulness.