

GROUNDING

5

things you can
SEE

4

things you can
TOUCH

3

things you can
HEAR

2

things you can
SMELL

1

things you can
TASTE





LEAVES ON A STREAM

-
- Sit and close eyes.
 - Imagine you are sitting next to a stream with leaves floating gently downstream.
 - Imagine your thoughts landing on the leaves and floating away on them.
 - All thoughts, even those about this exercise, land and float away on leaves.
 - If you get distracted, begin again.
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URGE SURFING

-
- Identify physical and emotional sensation of urge.
 - Focus on sensation.
 - Notice your breathing.
 - Refocus on sensation of urge
 - Stay curious and present.
 - Let it pass.
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GRATITUDE



gratitude
JOURNAL



gratitude
JAR



gratitude
ROCK



gratitude
TREE



gratitude
PROMPTS



gratitude
NOTE or VISIT



gratitude
PRAYER





JOURNALING

- Make it a habit.
- Set a timer.
- Keep it close.
- Remain judgment-free.
- Turn here in need.
- Write about day's experiences, thoughts & feelings, gratitude, old struggles, wishes, questions, etc.
- Write out unsent letters, scripture reflections, prayers.



SLEEP HYGIENE

- Get exercise during day.
- Minimize exercise, caffeine before bed.
- Use bed only for sleep.
- Turn down lights before bed.
- Minimize lights and noise when sleeping.
- Remove technology from bedroom.
- Go to bed and get up at consistent times.
- Don't worry if can't fall asleep.
- Can't sleep – get up and do something.





WORRY BOX

-
1. Write down worry.
 2. Put it in the box.
 3. Focus on present moment.
 4. Worry at set time.
 5. Return worries to box.
 6. Put box back on shelf.
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LOOKING FROM THE BALCONY

-
1. Get perspective.
 2. Observe self.
 3. No judgement.
 4. Identify patterns and dynamics.
 5. Choose different responses.
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THOUGHT LOG

What happened?



What am I feeling?



What am I telling myself?



What are other interpretations?



What is the evidence?



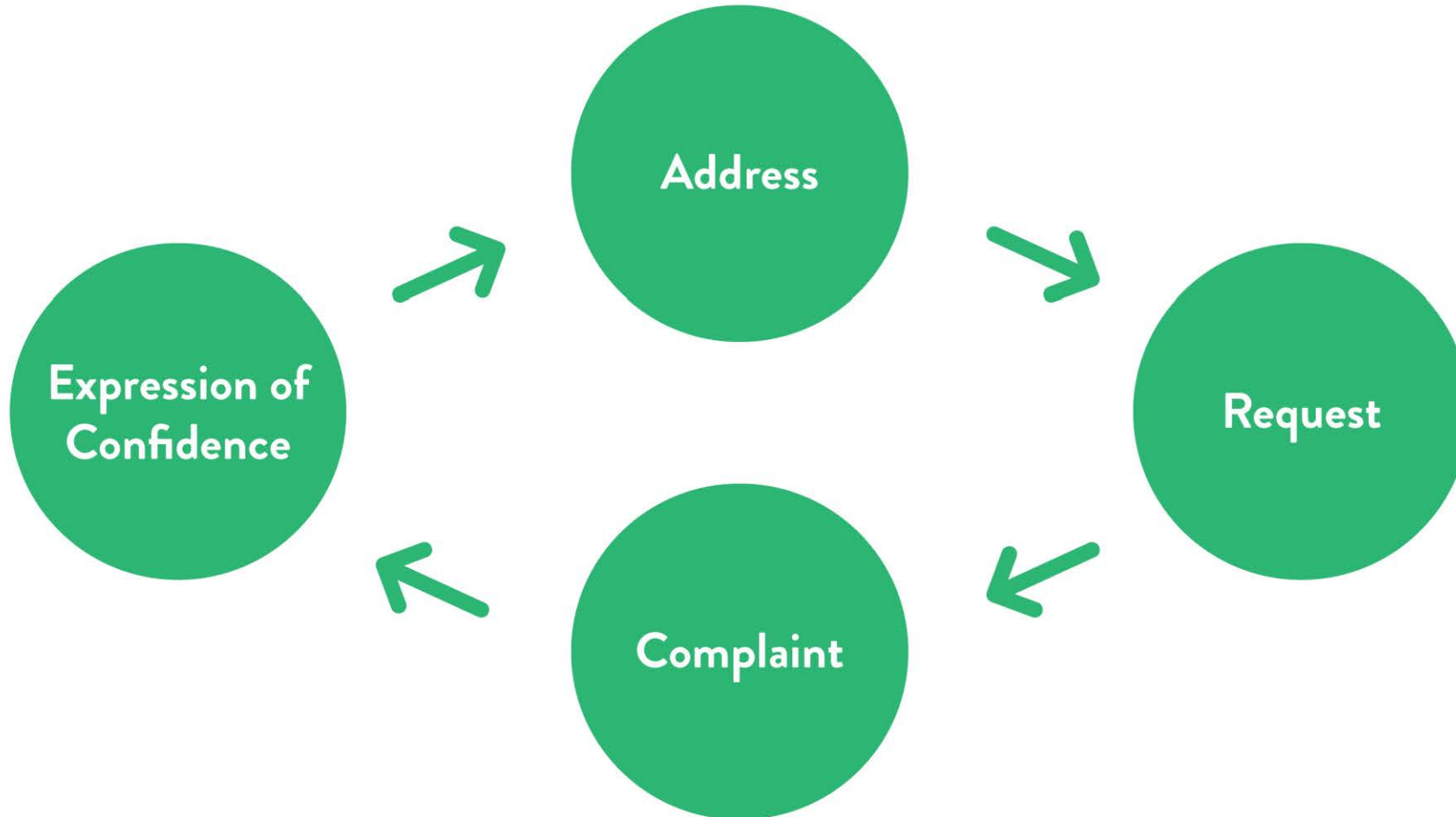


IMAGINAL RELAXATION

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- Pick safe, relaxing place.
 - Close eyes.
 - Imagine self there.
 - Focus on senses.
 - Breathe & relax.
 - Say code word.
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LAMENT



PSALM 13

¹ How long, Lord?

Will you forget me forever?

How long will you hide your face from me?

² How long must I wrestle with my thoughts
and day after day have sorrow in my heart?

How long will my enemy triumph over me?



PSALM 13

³ Look on me and answer, Lord my God.
Give light to my eyes, or I will sleep in death,
⁴ and my enemy will say, “I have overcome him,”
and my foes will rejoice when I fall.



PSALM 13

⁵ But I trust in your unfailing love;
my heart rejoices in your salvation.

⁶ I will sing the Lord's praise,
for he has been good to me.





AWE

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- Look up.
 - Walk in nature.
 - Enjoy human creativity.
 - Read incredible stories.
 - Meditate on character of God.
 - Worship God.
 - Record awe moments.
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