

Reset and Recenter the Mind

Grounding Techniques

- In the space you are in right now, name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Hold something cool or warm and describe the sensations you feel
- Take a sip of something and feel it move through your body
- Find your favorite cozy items and snuggle up with them. Close your eyes and describe how each thing feels.

Affirmations

- I am proud of the work I'm doing even if no one sees it
- No matter how big or small every piece of my progress is real
- I show up for myself everyday as I grow stronger
- How I feel is real.
- I'm allowed to be happy.
- Both joy and pain can live in the same space and I'm learning how to hold both.
- My feelings are not wrong- they're information and I have every right to feel and express all of them safely.
- I'm allowed to change. I'm allowed to evolve.
- Healing is hard and I am more than capable of doing it.
- I'm allowed to rest, cry, laugh and start again.

Reflections

- Make a list of people you've come across throughout your life. Write a letter to them expressing how you're feeling about them and why?

