



Self-Soothing Techniques

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Written dialogue/ Journaling: Write a letter to your inner self – talk about your feelings, your experience throughout this time. Writing them down on paper helps the mind release any contrasting thoughts that exist and can allow you to see and make sense of what you are thinking and feeling. It helps to organize and give structure to thoughts.

Art: Art or any creative expression is a powerful tool for working through grief and the many painful feelings that accompany it. Drawing/painting is a great way to help make sense of feelings, expressing them in a language that everyone is familiar with and visually see patterns and progress in the healing journey. Creating images that represent each of the feelings you are experiencing can help you see patterns and progress throughout your healing journey.

Rituals: A powerful ritual is a ritual of transition, which marks some movement or change in the healing process. Allow yourself to create your own ritual to symbolize your own unique experience.

Self-Care & Relaxation: Explore what you have done in the past to relax, de-stress, take care of you. Often, women do not take time out for themselves due to many unconscious social pressures to constantly take care of others, putting themselves last. Take 10-15 minutes of your day to do something you enjoy, whether that is going for a walk outside, a hot bath, sitting quietly with incense and candles, petting your cat/dog, doing your nails, reading a book... whatever puts a smile on your face. It's amazing what 10 MINUTES can do for your personal health!

Smile for 1 minute. Doing it in front of the mirror is even better - you usually end up laughing at yourself!

Meditate on something positive for 5 minutes (or more, if you have the extra time).

Virtual Reality: Visualize something you find peaceful and relaxing, imagine how it looks, smells, feels, sounds, etc. Use all of your senses to create your perfect place of peace!

Keep happy, prosperous thoughts uppermost in your mind all day. Make a placemat with positive thoughts to place on your desk/table/dresser!

Awareness of the NOW: Most of us have difficulty living in the present moment due to concentrating on either past events or future anxieties. Bringing our awareness to our senses helps bring the consciousness into the present moment. For example, what is the temperature of the room? Pace of your heartbeat? Texture of your chair? Feeling of your feet on the floor? Inner bodily sensations? Depth of the breath? Ambient noise?

Music: Music can certainly be very therapeutic. Be careful of your chosen tunes, however. Certain instruments, rhythms, lyrics, and tones can elicit negative versus positive emotions. If you are seeking positive thoughts, play positive music!

REMEMBER: "We each create our own reality, for better or worse, by the thoughts we entertain in our minds all day"