

When your thoughts seem
uncontrollable, intrusive, sticky,
overwhelming....



YOU HAVE OPTIONS
even though it may not feel like you do

01.

GROUND TO YOUR BODY

**Your body may feel uncomfortable,
but it's just doing it's job**

**Your body is responding to the
messages that your brain is sending it**

**THE PROBLEM IS NOT YOUR BODY,
IT IS THE MESSAGES**

Certain things in your environment now may have been triggering in the past, so your body is simply doing what it's ALWAYS DONE

02

**GROUND TO YOUR WISEST
ADULT SELF**

REMINDE YOURSELF OF YOUR CURRENT AGE

**LOOK TO SOMETHING ON YOUR PERSON
OR IN YOUR ENVIRONMENT THAT MAKES
YOU FEEL SAFE**

PLACE YOUR HAND ON YOUR HEART
Ask all of the yous that you've ever been,
which one of them is triggered

**Let all of the yous that you've ever been, know that the
wisest adult you has resources and they don't have to
work so hard.**

03

**CHOOSE A MINDFUL ATTITUDE
TO GUIDE YOU**

LET GO OF WHAT YOU CANNOT CONTROL

**ACCEPT THAT THE DISCOMFORT YOU FEEL IS
TEMPORARY**

**TRUST THAT YOU HAVE THE RESOURCES
TRUST THAT YOU HAVE THE TOLERANCE
AND PATIENCE**

**Embrace NON-JUDGMENT and grant yourself
GRACE and SELF-COMPASSION**

