

**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**

Why is Self-Kindness and Self-Compassion absolutely necessary for healing and growth?

Our nervous system must be in a place of safety and connection in order for us to be curious and explore new things.

Imagine teaching a child how to ride a bicycle for the first time with a harsh tone of voice and messages of criticism?

This critical and judgmental approach is less likely to promote encouragement, joy, curiosity, or exploration.

When learning to ride a bicycle, we are likely to fall a few times.

With a kind and compassionate approach, we are more likely to quickly fall and try again.

Dr. Kristin Neff, author of *Self-Compassion: The Proven Power of Being Kind to Yourself*, identifies the following three key components involved in self-compassion:

1. Self-kindness: being gentle and understanding with ourselves, rather than critical and judgmental.

2. Recognition of our Common Humanity:

Acknowledging that as humans, we are all imperfect. This allows us to feel connected to others, vs isolated with our suffering.

3. Mindfulness: Being present and aware of our experience as it is occurring in real time.

Acknowledging our suffering, rather than ignoring it or exaggerating it.

Practicing Tonglen can help us become more comfortable with practicing self-compassion:

Tonglen, is often referred to as the Giving and Receiving meditation, and is attributed to the Buddhist teacher Atisha Dipankara Shrijnana.

Tong means “giving” in the Tibetan language, and len means “taking.”

Modified Instructions for Practicing TONGLEN

Breathe in through your nose as you normally would, and breathe out through your mouth long and slow, making note of the sound that your breath makes.

You can even make your breath sound like the wind or ocean as you breathe out.

It is helpful when the out-breath is longer than the in-breath.

Next, bring to mind someone known to you or unknown to you who is in need of loving kindness, well-being, and healing, and send them well wishes.

May they find peace, healing, and wellness.

Modified Instructions for Practicing TONGLEN

Then, bring to mind your own suffering
and send yourself
well wishes of peace, healing, and wellness.

Note: it is not important how long
you practice this meditation.

What is important is that you experience the sending
and receiving of compassion,
however long that takes.

The practice can be as short as you would like,
even 1-2 minutes.

The practice can also be
as long as you would like,
so long that the practice is replenishing.