

WAYS I CAN SUPPORT ME

Try this sequence when you're feeling anxious, overwhelmed or stuck in 'victim' mode.

NOTICE

Ask: Where am I feeling this? What does this feel like?

Tummy flips	Frozen in place
Nausea	Need to run away
Shortness of breath	Hard to see
Dizzy	Trouble focusing
Suddenly cold	Loss of words
Weak knees	Buzzing / ringing in ears
Cold sweat	Memory lapse
Clammy palms	Disorientation
Panic attack	Other feelings

ALLOW

I'm OK in this moment. I can let myself feel what's coming up right now. I can be patient, kind and supportive as this feeling moves through me.

BREATHE

Exhale completely. Place your hand on the back of your head.

Breathe in through the nose, out through the mouth with pursed lips as if slowly blowing out a flame. Repeat more slowly. Now repeat again a little deeper. Once more.

When you feel ready, use any tool that attracts and seems right for this moment.

SHIFT

Move

- ♦ walk, run, bike, blade, dance

Get Air

- ♦ go outside; hug a tree; swim; hike

Use Water

- ♦ hot bath; cold shower; rinse hands

Stomp

- ♦ run in place; pound a pillow

Do Yoga

- ♦ breathe, flow, stretch, release

Talk

- ♦ open up to a trusted friend

Write

- ♦ journal, poetry, morning pages

Cry

- ♦ big tears for big feelings

Change

- ♦ rearrange a space, closet, bookshelf

Do Energy Medicine

- ♦ try the Eden Energy Routine

SHARE

Make note of what comes up and chat with a counsellor, mentor or energy practitioner.