

"If you do what you have always done, you will get what you have always got" –
Mark Twain

Care Area	My Care Goal (*SMART)	Accountability Check
Physical Care		
Psychological/Emotional Care		
Social Care		
Spiritual Care		

***SMART** = Specific, Measurable, Achievable, Realistic, and Time limited

Rapid Resets

5-4-3-2-1 Mindfulness Practice

In your mind, describe in detail:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

SBNRR Mindfulness Practice

Stop what you are doing

Breathe for a moment

Notice where in your body you feel tension or strong emotion

Reflect on why you may be feeling that way

Respond mindfully

Try These Rapid Resets/Grounding Strategies:

- Press your toes into the floor
- Tense and relax your muscles
- Massage a pressure point
- Notice your breath and heart rate, take deep breath
- Notice things around the room, such as the colors or objects
- Visualize calm places and favorite things
- Think of something you are looking forward to
- Think of someone you love
- Silently repeat a prayer, mantra, positive affirmation, scripture verse
- Touch fabric or jewelry
- Take a drink of water
- Concentrate on an aroma
- Do some small stretches
- Mentally add a soundtrack
- Lean in and really focus on listening to each word
- Mentally count backwards from 100 by 3s

Mindfulness Scripts and Prompts

Mindful Breathing Exercises

1. Balanced breathing exercise

For a minute or more, breathe in such a way that your inhalation and exhalation are equally long. Count mentally to 4 for each inhalation and each exhalation. This balanced breathing creates small but smooth changes in the interval between heartbeats—since the heart speeds up slightly with inhalation and slows down slightly with exhalation—which is associated with relaxation and well-being (Kristal-Boneh et al. 1995)

2. Extended exhale breathing exercise

The parasympathetic nervous system handles exhaling. So to stimulate the PNS, exhale for longer periods than you inhale. For example, inhale for 3 counts and exhale for 6 counts. You can also add a pause between each inhale and exhale to make this exercise even more deeply relaxing.

Mindful Journaling

- set a timer
- use one or more prompts
- don't let your pen stop writing
- pause at the end for a few moments
- then review what you have written, noting any insights, surprises, or next steps

Loving-Kindness Meditation

(thinking of yourself) May I be safe...May I be happy...May I be healthy...May I live with ease

(thinking of someone you love) May you be safe...May you be happy...May you be healthy...May you live with ease (repeat, thinking of someone who is neutral, then thinking of someone with whom your relationship is difficult)

(last time) May all beings be safe...May all beings be happy...May all beings be health...May all beings live with ease...Peace to me...Peace to you...Peace to all

Cultivating Calm Cards

Planning ahead of time for self-care with "Cultivating Calm Cards" will give us a snapshot of specific activities that set us up for a good day, are useful when we experience a stress response, and help us release stress at the end of our day. Others you encounter (friends, family, co-workers) may find this useful as well. You can create your own "Cultivating Calm Card" using a 3x5 card folded in thirds.

Label each section as follows:

Prevention: Start with the end in mind; reduce stress by gearing up for your day!

In the moment: Notice when you have been triggered (know your triggers), and practice resilience and compassion with yourself and others.

After-care: No matter how stressful your day might be, it is important to have practices that support your transition from work to home.

In each column, list 3-5 things that you can do to support yourself in your daily life

Exercises to enliven your sense of humor

Adapted from: Wagnild, G. (2014). *True resilience: Building a life of strength, courage, and meaning*. Allendale, NJ: Cape House. p. 94-95.

1. Find simple opportunities to smile during the day. Smile when you are on the phone. Smile at a clerk at the checkout counter. Smile when you see someone having fun, or when you finish a job. Just smile often.
2. Have you ever had an experience in real life that felt like you were in a sitcom or a funny movie? Tell someone else what happened to you. Laugh together.
3. Hang around people who think *you* are funny. Many of us live and work with people who never laugh at our stories, which can squelch any attempt at humor and leave us feeling like a bore.
4. Start asking friends and family to tell you about something funny that happened to them recently.
5. Play. Play with a child. Play with a dog or cat or any pet whose antics make you laugh. Use your imagination. Allow yourself to be silly.
6. Sing a happy song, perhaps one you learned in childhood or one you've taught your own children. Write a funny song. Share it with others, and sing together.
7. Hang out with people who laugh at themselves and life's absurdities (as long as their laughter isn't caustic or sarcastic). Seek out people who like to laugh.
8. Attend a funny play or musical. Regularly check out the schedule of events in your community and deliberately pick a comedy to attend.
9. Consider reading and viewing less daily news. It tends to be negative. Balance your time between news and more uplifting reading and TV watching.
10. Read children's books. Read humorous books, articles, and blog posts.
11. Read comic strips/sites every day, and clip/print your favorites. Place them on your fridge, on your mirror, in your notebook, on your desk, or on your computer screensaver.
12. Limit your own complaining. Try reversing every complaint you think and saying the aloud the opposite statement. When you aren't complaining, you leave more room for laughter.
13. Watch funny movies, videos, and comedians. Check out lists of funny movies and ads at websites such as <http://www.listal.com/list/100-funny-movies>. Intentionally schedule opportunities to laugh.

