

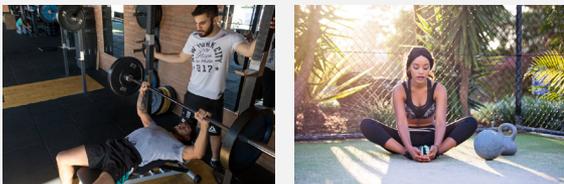
JOINING FORCES

— FOR CHILDREN —

Feeling like this?



And these aren't working or are unrealistic for in-the-moment solutions?



For in-the-moment self-care, use your best and most available resource- YOU!

What is your body sensing? Using sensing words helps to start diffusing the intensity of your feeling.

Use words like these to describe what your body feels like:

Airy	Achy	Balanced	Rising	Rough	<i>Shaky</i>
BURNING	Closed	Cold	Sharp	Shooting	Sinking
Cool	Cracked	<i>Cutting</i>	Smooth	Soft	Steady
Dizzy	Dry	Dull	STIFF	STILL	Stinging
<i>Electrified</i>	Energized	Flexible	<i>Sweaty</i>	Tense	Throbbing
Heavy	Hot	Lethargic	Tight	TINGLY	Trembling
<i>Light</i>	Limp	Loose	Twitchy	<i>Vibrating</i>	Warm
Nauseous	Numb	Open	Weak	_____	_____
Pounding	Prickly	<i>Pulling</i>	_____	_____	_____

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Where do you feel that sensation in your body?

- What happens when you focus your attention on it?

Where do you feel a different, more comfortable sensation?

- What happens when you focus your attention on it?

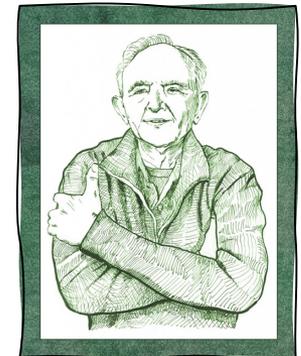
I feel a prickly, tense sensation in my stomach. When I bring attention to it, it spreads through my stomach and down to my legs- it isn't as intense in my stomach! I feel a lightness in my feet. When I bring attention to it, I want to walk. When I walk, that lightness spreads and each time I take a deep breath, the prickly, tense sensation dissipates.

In-the-Moment Techniques to Pair with Increased Body Awareness

1 Breathing: This is something that is hard to buy into as a solution until you've tried it and felt the benefits. Exhaling longer than you inhale helps your body to calm down quicker. Listening to your breath as you exhale releases the intense sensations even faster! So feel free to make the sound of your exhale a little louder. Breath in for a count of 4, out for a count of 7. OR... try a few strategies for calm breathing and find what works for you!



2 Body Holds: Dr. Peter Levine, an expert in healing from overwhelming experiences, suggests using body holds when emotions are overpowering. Place your hands on your body (either like the picture, or a way that is comfortable for you) and breath until you notice a shift in your body. Body holds help “contain” your emotions to make them more manageable. Once the emotion/sensation is more manageable, better decisions can be made! Sometimes, the emotion is felt so intensely because you might be unconsciously remembering a similar overwhelming experience. Bringing awareness to your hands on your body grounds you in the moment and not the past. For more, visit [this website](#) or [watch this demonstration](#).



3 Self-Compassion: As a parent, how often are you beating yourself up? Many parents fall into the trap of believing they are a terrible parent when mistakes are made. Self-Compassion can change that! We can extend the same caring compassion as we would a friend, to ourselves. Consider these questions:

- What would you say to a friend who is struggling or has made a mistake?
- What do you say to yourself?
- How/why are they different?
- What would change if you would treat yourself as you would your friend?

Visit: www.self-compassion.org for more information and strategies.

