



Mindful Self Care Practices

(re) Define Health | Share Your Story | Live With Courage

Take a moment to pause and check in with yourself. Take a few deep breaths (slowly in through your nose and out through your mouth). Begin to notice with curiosity where you may be holding tension in your body.

Remember this process is about noticing. If you are realizing judgemental thoughts about yourself see if you can breathe and ask for some space from the judgment to just walk through this practice.

Using the four elements let's see if some of that tension will begin to loosen up a bit.



EARTH: Ground yourself in the here and now: As you continue to take slow deep breaths, place your feet on the floor and notice yourself in this moment. Notice the chair holding you. Look around the room and notice/name three colors, objects, sounds.



AIR: Using your breath is one of the most powerful internal resources you have to help calm the tension in your body. Continue to take slow deep breaths - in through your nose for 4 seconds, hold for 2 seconds, and slowly out through your mouth for 4 seconds. Notice whatever release comes through the breath. Feel free to also use a guided meditation.



WATER: Let's use taste. Your mouth often dries up as part of the stress response of "fight or flight" shutting off the digestive system. It seems that by creating saliva you can turn on the digestive system again and the associated relaxation response in the body. If you find it is hard to do this start by taking a sip of water, using lemon drops, mints, or gum.



FIRE: Ignite your imagination. Bring up the image of your calm/ safe place and notice the positive sensations that come. You can also continue to breathe and use your container.

Bring to mind the image of a color that you associate with healing. As you continue to take slow deep breaths imagine this coming in from the top of your head and then allowing it to wash over you. If there is a word that comes to mind as you imagine this light (love, joy, peace, calm, compassion) allow it to be with you in this moment and notice the positive sensations in the body.

Information adapted by Stephanie Godwin, LMFT from "Getting Past Your Past" by Dr. Francine Shapiro

Potentia Family Therapy, Inc.

3160 Camino del Rio S #304

San Diego, CA 92108

Phone: 619.819.0283 Fax: 619.819.0284

www.potentiatherapy.com