

EMBRACE MENTAL WELLNESS NEWS

November 2020

Feeling Chaotic and Uncertain?



What can you do?

- Slow down and Ground yourself
- Deep breathing
- Acknowledge we are all joint custodians of the earth.
- Focus
- on passing on one small kindness today instead of hate and acrimony.
- Determine how you can be part of the solution not the problem
- Nurture healthy relationships.
- Seek out help.

- Pandemic
- Death and dying magnified
- Unemployment
- Financial constraints
- Disappearance of favorite old businesses
- Work from home
- Home schooling
- Physical distancing
- Masks
- Racism
- Elections and more



We are watching each other and wondering if we are friends or foes. You look different, talk different, love different, vote different, eat different and must not be on my side. We are in this together.

Breathe to Find Calm



Grounding to Find Calm

Your senses will frequently help you center.

- Look around you for **5** things
- Note them quietly to yourself.
- Listen for **4** things you hear.
- Feel **3** things (your feet on the ground, your clothes on your skin, may be a gentle breeze on your skin).
- Smell **2** things around you.
- Taste **1** thing (your last meal or just the sensation of your tongue).
- Get out in nature.
- Use a grounding object (a



- Take several deep breaths.
- As you breathe in and out, imagine you are grounding into this calmness.
- You are present in your body.
- Remember a time you were calm.
- Revisit that time to see, hear, taste, feel and touch what that was like. When you feel that calmness, choose a comforting statement as you breathe in and out. "I am at peace this moment," or "I have all that I need in this moment."

If you ever need help with reducing feelings of chaos, uncertainty or overwhelm, contact Jumoke or Cara Embrace Mental Wellness at <https://nebraskatherapist.com/contact/>

We help adults find calmness in the midst of chaos.