

{ 10 STEPS }



= To Soothe Yourself =

1. Breathe deep...release slowly.
2. Relax muscles during exhales.
3. Change thoughts - you are not in danger.
Unguarded thoughts fuel anxiety.
4. Remind yourself: this will pass.
Speak to yourself kindly.
5. Breathe deep - release slowly.
6. Relax muscles.
7. Don't buy into lies - this isn't the worst spell ever.
You will not die, you will not lose your mind,
you are not crazy, you are not the only one.
You are more than you know.
8. The more you relax your muscles,
the shorter your emotional spin will be.
9. Sing/hum music that soothes you.
I hum old hymns my mom sang when I was
young and think on the words.
10. Repeat starting with step one.

From Patsy Clairmont's book, *You Are More Than You Know*