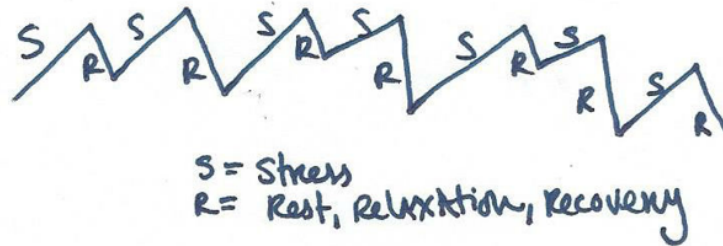


Increasing calm- especially in this time of uncertainty

Finding ways to stay in a healthy stress response at this time...

means coming into a state of rest and relaxation.

This will help us stay healthy, be loving, deal with complexity & make decisions.



Remember the key three steps are:

- 1. Acknowledge the stress**
- 2. Deal with the source of the stress**
- 3. Create a sustaining response to the stress**

Dealing with the source of stress

Do something, within your control, about the stressor

- Do less, ask yourself
 - What can I take off my plate?
 - Do I need to do this? Do I need to do this now?
- Take in less information, slow down the input of information
 - Could look like boundaries around how much you read, scroll, listen to
- Take first, a small step forward on the hard thing that has been causing stress or anxiety... open the mail, pick up the phone, answer the email
- Find ways to be of support and service to others - donate blood, calling and texting people, dropping off food if you can make it to the store, sharing resources, donating even a bit to nonprofits
- Gardening
- Walking for at least 20 minutes
- Taking an actual break for lunch
- Turning off computer and phone
- Crying and allowing to feel my emotions
- Build an empowering story about the stressor

Increasing calm- especially in this time of uncertainty

Get support & receive help

- Step into the space of vulnerability and ask for support before it feels dire (check in: what do I need? Who could I ask?)
- Grief Circles
- Therapeutic support
- Coaching support

Explore backup plans

- Do some scenario planning with family or friends (even if you are running the scenarios for yourself - text or talk on the phone with someone about your thoughts and ideas),
 - Do this one you have taken care of a few basic needs first like, sleep and food
- What if this happens? I could do this or this...
- Work on first steps

Creating a sustaining response

Pauses: Take a break, take a breath

- When you feel or notice the stress response, pause and take a few breaths, breathe into that place in your body
- Practice breathing while having one hand on chest and other hand on belly
- Breath in and out focusing on gravity holding your body to the ground
- Try a mediation app like Oak or Insight timer - even just for three minutes
- Hide out in the bathroom for a moment longer (without looking at technology)
- Take a bit longer shower and take enough breaths to feel calmer
- Put your phone on airplane mode for 30 minutes or an hour, or an evening
- Lion's Breath practice ([Yoga with Adriene](#))
- Use RAIN practice by Tara Brach [here](#) & [here](#)

Movement

- Look for one of the many exercise classes moving online (Fit4Mom - South Seattle!)
- Dance! Jump! Stretch!
- Walking once a day
- Stretching
- Long walks
- Gardening
- Yoga at home practice ([Yoga with Adriene](#))
- Build a positive community around movement (online gym, text check ins...)

Increasing calm- especially in this time of uncertainty

Connection

- Netflix watching at the same time as other people, connecting via text during the show!
- Group chats to check in with each other
- Asking for more than texts, jumping on the phone or video call
- Finding community to learn with or learning/skill-building resources

Focus on purpose, values, and take on less

- Ask yourself
 - What 2-3 things do you want to tend to at this time?
 - How do you want to show up?
 - What do you need?
- Clarify 1-2 personal values to always come back to (or as a family) as guides for decision making & what you focus on- [list here](#)
- Try a [Radical Alignment conversation](#) with family or team to get clear on different values & boundaries.

Do a practice that bring you joy, a few ideas...

- Gardening & digging in the dirt
- Dancing (even in a small space or on a mat)
- Cooking & baking, paying attention to the textures and smells
- Walking, running, biking, hiking
- Sitting outside
- Watching kids play, playing with kids
- Setting up an altar, space with a candle, to slow down, pause
- Write down or say out loud things you are thankful for
- Make a “comfort” list and try and do things that bring comfort not numbness

Sleep

- Yoga nidra and other meditations before sleep
- If you have kids, giving yourself permission to go to sleep when they do, if you don't have kids giving yourself permission to go to sleep when a kid would!! 7pm, 8pm
- Phone and screens off 1 hour to 30 minutes before bed (can set your own screen limits on your phone)
- NAPS ARE AWESOME!
- a more structured sleep and wake up time... routine

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Food/Water Intakes

- Drinking water (gallon... making up the water bottles a day in advance)
- Healing Recipes (Kitchari, Kimchi, Broths)
- Water timer on your phone
- Some coffee shops have been doing free coffee for front line workers
- Cut up a bunch of veggies, fruits and keep in the fridge (dip in soy sauce)!

Other resources

(Send me more at annie@vesselconsulting.org & I will update the list!)

Mental health & crisis resources to support yourself & loved ones

List of [immediate help in a crisis](#) compiled by NIMH

Meditation

Collection of guided [meditations around self-compassion](#) - Kristen Neff

[Soften, soothe, allow](#) - for dealing with disturbing emotions - Kristen Neff

[Self Compassion With Equanimity Practice for Caregivers](#) - Kristen Neff

[Rebekah Borucki \(Bex\) meditations](#) every Monday & large library on YouTube

10 percent happier, Dan Harris - [Live meditations daily](#) with different meditation teachers at 3pm EST

[21-day meditation experience](#) with Oprah & Deepak Chopra - currently Hope in uncertain times

The awake network's [free list of meditation](#) resources

Meditation apps - Insight timer, Oak, Calm, Headspace

Somatics

*Send from generative somatics - as they say, "This is a chance to **embody our values and draw on our collective resilience and creativity.**"*

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Spenta Kandalla of Jaadua Acupuncture series on immunity & community -

<http://www.jaaduacupuncture.com/newsletters>

David Treleaven, generative somatics teacher, posted [a practice about overwhelm, self-regulation, and the breath](#) On Instagram

In years past, Sumitra Rajkumar, gs teacher, led our [somatic centering practice](#) on Irresistible (formerly known as Healing Justice Podcast). Alta Starr, gs teacher, led [somatic centering on a gs webinar \(Somatics In the Time of Trump\) - at 38:41-50:13](#). This centering practice is great to do while we wash our hands.

Staci K. Haines, gs co-founder and teacher, and Alta Starr, gs teacher, led a [somatic blending practice on a gs webinar \(Somatics In the Time of Trump\) - at 21:52-28:52](#). The blending practice invites us to feel fear and whatever other reactions are present for us and honor and acknowledge that.

Podcasts

[How to survive the end of the world](#) - a long running podcast by adrienne marie brown & Autumn Brown - learning from the apocalypse with grace, rigor & curiosity

[Unlocking us](#) - Brene Brown - reflecting the universal experiences of being human, from the bravest moments to the most brokenhearted.