



KARUNA
HEALING

Compassion • Empowerment • Balance

Taking Hold of Your Mind

"Between stimulus and response, there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom."
(Victor Frankl)

REMEMBER...

At any given time, our brain can be in one of two states
Reactive (Lizard Brain) or ***Receptive (Wizard Brain)***

The key is learning to recognize when your brain is in a **reactive** state and to know what **tools** you can use to shift it to a **receptive** one.

SHAME is often the trigger that sends our brain into a reactive state!

Shame is toxic and paralyzing, NOT motivational. Shame tells us that there is no reason to try to change because at our core, we are bad or wrong or broken in some way. Use the "Don't Believe Everything You Think!" questions (on the back of this sheet) to help yourself return to a more balanced and receptive state.

Feel Your Seat and Feet

When our body is in a reactive state, our energy travels up our body to our head where we are often consumed by swirling thoughts. One way to begin downshifting our nervous systems is to sit down, close our eyes, and bring our focus to our seat and our feet, feeling how they are supported and noticing how with every exhale, our body settles a bit further into that support.

Grounding Breath

Sit comfortably and close your eyes...imagine a small weight hanging from a string inside the center of your skull. As you inhale, your breath draws the weight down the center line of your body. Continue to draw the weight down until it reaches the space behind your belly button.

Square Breath

Inhale for 4 counts...hold for 4 counts...exhale for 4 counts...hold for 4 counts
REPEAT

4-7-8 Breath

Inhale for 4 counts...hold for 7 counts...exhale for 8 counts. REPEAT 4-5 times.
GREAT tool to help you fall asleep!

Alternate Nostril Breathing

Gently close your Right nostril with your Right thumb...inhale through your Left nostril. Hold your breath as you release your thumb and gently close your Left nostril with your Right index finger...exhale through your Right nostril. Inhale through your Right nostril and hold your breath as you release your Left nostril and gently close your Right nostril with your Right thumb. Exhale through your Left nostril. Follow this pattern, repeating 15-20 times, ending with an exhale through the Left nostril.

Legs Up The Wall

Lie down with your legs resting up against the wall, getting your seat as close to the wall as possible. Rest your arms comfortable at your sides. Close your eyes and breathe slowly and deeply for 5-10 minutes.

GREAT at bedtime!

Don't Believe Everything You Think!

Ask yourself the following questions when experiencing an anxious or negative thought, especially one that is causing shame:

- Is this thought true?
- What evidence do I have that it is true? What evidence do I have to the contrary?
- Is this thought helpful or harmful to me?
- What would I say to someone I care about who was having this thought?

Emotional battery

- How do you know when you are fully charged? How can others tell?
- How do you know when you are depleted? How can others tell?
- Who/What are the people/things that recharge you?
- Who/What are the people/things that deplete you?

Who and what we spend time with and what we media we consume and expose ourselves to has a much of an impact on our health and well-being as the food we eat and the beverages we drink.



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Jenny Hecht, LCSW
303.817.9220
hecht.jenny@gmail.com
www.jennyhecht.com