Let’s Breathe!
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I AM NOT

• A medical professional
• A therapist
• A counselor
• Certified or licensed by anyone
• Someone with experience that can be substituted for your doctor’s, caregiver, spiritual director
• The National Alliance on Mental Illness HotLine can be reached Monday through Friday, 10 am–6 pm, ET.

• 1-800-950-NAMI (6264) or info@nami.org

• Because we’re in this together, you are not alone.

• During this difficult time, the NAMI HelpLine is here for you. HelpLine volunteers are working to answer questions, offer support and provide practical next steps. The resources on this page provide information to address many needs and concerns.

• Let’s stay connected, call or email the NAMI HelpLine today.

• The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

• They understand, many from their own experiences, listen and offer support.

• They are informed on NAMI Programs, NAMI Support Groups and locate your local NAMI Affiliate.

• They are trained to help identify the best resource options for your individual concern.

• They are knowledgeable and a source of accurate information about relevant topics.

• They care.

• To contact the NAMI HelpLine, please call 800-950-NAMI (6264), Monday through Friday from 10 a.m. to 6 p.m., ET, or send an email to info@nami.org.

**Centering process**

Designate time

Give grace

Breathe

Pick 3- see, taste, touch, hear, smell

Breathe

**ENLIST A SELF CARE BUDDY.**
Self-care plan

Get paper, pen, pencil, markers, laptop, phone... use whatever mechanism you have to create a list
Write down 2 daily goals and decide what time to accomplish those goals
After 3 days go back and see if you achieved your goals. If not, make changes.

*Self-care is the idea that you matter and get to feel soothed.*

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Find three

<table>
<thead>
<tr>
<th>See</th>
<th>Taste</th>
<th>Touch</th>
<th>Smell</th>
<th>Hear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tree</td>
<td>Lemon</td>
<td>Ice</td>
<td>Lavendar</td>
<td>Songs</td>
</tr>
<tr>
<td>Sun</td>
<td>Sugar</td>
<td>Steel</td>
<td>Flower</td>
<td>Video</td>
</tr>
<tr>
<td>Moon</td>
<td>Water</td>
<td>Blanket</td>
<td>Orange</td>
<td>Friend's voice</td>
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<tr>
<td>Feet</td>
<td>Soy sauce</td>
<td>Skin</td>
<td>Grass</td>
<td>Birds</td>
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<tr>
<td>Cars</td>
<td>Milk</td>
<td>Window</td>
<td>Berries</td>
<td>Clicking</td>
</tr>
</tbody>
</table>
Self-Soothing

A way to remember these skills is to think of soothing each of your FIVE SENSES.

With Sight:
- Sit in the lobby of a beautiful red hotel.
- Look at nature around you.
- Walk in a pretty part of town.
- Watch a sunset or a sunrise.
- Walk the dog on a pleasant day.
- Be mindful of each sight that passes in front of you.
- Take a walk in a park or a scenic area.
- Reconnect through nature looking at things.
- Other:

With Hearing:
- Turn on a CD or make an iPod list with music that will get you through tough times. Turn it on.
- Be mindful of any sounds that come your way. Let them go one at a time and cut the other.
- Turn on the radio.
- Other:

With Smell:
- Sit in a new car and breathe the aroma.
- But cinnamon. Make cookies, bread, or pop corn.
- Smell the flowers.
- Walk through a flower garden and mindfully breathe in the fresh smells of nature.
- Open the window and smell the air.
- Other:

With Taste:
- Eat some of your favorite foods.
- Drink your favorite soothing drink, such as herbal tea, hot chocolate, hot milk, or a smoothie.
- Put on some music and dance or put your hands on your feet.
- Feel some of your favorite fabrics or another favorite childhood food.
- Sample flavors in an ice cream store.
- Other:

With Touch:
- Take a long hot bath or shower.
- Put your dog on your lap.
- Have a massage. Soak your feet.
- Put your favorite lotion on your whole body.
- Get into a comfortable chair in your home.
- Put on a shirt or a hat that had a pleasant feel.
- Put your hands on a soft animal or a soft blanket.
- Other: