Find your Footing

When your mind is racing or the moment feels like too much, your body needs a way back to right now. Work through this slowly. There's no rush.

Part 1 — Breathing

Box breathing: breathe in through your nose for 4 counts, hold for 4 counts, breathe out through your mouth for 4 counts, rest for 4 counts. That's one round. Do 3 rounds. Go slow — this isn't a race.

Round 1:_____ Round 2:_____ Round 3:_____

Part 2 — 5-4-3-2-1 Senses

Name what you notice, right here, right now:

5 things you see:

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

4 things you can touch:

1. _____ 2. _____ 3. _____ 4. _____

3 things you hear:

1. _____ 2. _____ 3. _____

2 things you smell:

1. _____ 2. _____

1 thing you taste:

1. _____

Part 3 — Anchor

> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."
>
> — Matthew 11:28 (NLT)

Say it quietly to yourself: *God is with me right here, right now.*

You're here. You're breathing. That's enough for right now.

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