

Emotional First Aid Kit

Grounding Techniques

- Sit or lay down on the ground
- Take your shoes off and walk on the ground
- Squat
- Touch a tree
- Exercise is grounding and reduces stress in body

Indisputable beliefs

- I am alive
- I believe in God
- I love _____
- This too shall pass
- I know that _____ is true.

Resources

- People who will help me
- Online resources
 - <https://www.ptsd.va.gov/apps/ptsdcoachonline/>
 - Jodunning.com Prayer List and Quick Pulse
 - <https://www.healthline.com/health/eft-tapping>
 - <https://prayingmedic.com/category/healing-prayer/>
- Therapist
 - EMDR.com for PTSD
 - Psychologytoday.com
- Energy worker
 - Massage Therapy
 - Cranial Sacral Therapy
 - Reiki Therapy
 - Quantum Healing Hypnosis
 - Religious counselor

Mantras

- All things are possible
- I can do this
- I trust that God will help me
- I AM Deep Peace
- There is support for me in the world
- I AM worthy of love and support
- All is well

Music

- Happy Pharrell Williams
- RESPECT Aretha Franklin
- Songs for the Inner Child Shaina Noll
- Here Comes the Sun Beatles
- Rise Up Andra Day
- Walk On U2

Mental Scenes

- Calm lake at dawn
- Sunset
- Mother holding child
- Child petting a dog
- Beautiful tree
- Bouquet of wildflowers
- Single rose
- Burning candle flame

Body Posture

- Holding yourself in butterfly hug
- Hands on your heart
- Holding forearms
- Hands nestled in lap
- Hands on thighs

Calming Vagus Nerve

- Singing
- Gargling
- Humming
- Using a tuning fork handle or bottom of electric toothbrush on sternum

Breathing Techniques

- Breathe in to the count of 3 and out to the count of 6 or
- Breathe in to the count of 2 and out to the count of 4
- Breathe into your belly instead of into your chest.

Gratitude List

- I am grateful to be alive
- I am grateful that I can breathe easily
- I am grateful that I am not in pain

- I am grateful to be in love with my spouse
- I am grateful for the children in my life
- I am grateful for my freedom
- I am grateful to have enough food to eat
- I am grateful that I have a safe place to sleep
- I am grateful for the guidance I receive from my higher self
- I am grateful the crisis has passed

Self- Soothing Techniques

- Taking a warm bath
- Being in nature
- Talking lovingly to my inner child
- Holding my heart and telling myself that I am worthy of love
- Wrapping in a warm blanket
- Drinking a cup of hot chocolate
- Sipping a cup of tea
- Staring into a fire
- Watching a sunset
- Talking to a trusted friend
- Watching a funny movie
- Listening to my favorite music
- Reading an inspirational book or story
- Smelling a rose
- Touching something that is silky or velvety soft

Soothing Inner Child

- Tell your inner child how much you love her/him
- Tell your inner child that you know how much she/he is hurting
- Tell your inner child that you are there for her/him and always will be
- Tell your inner child that this pain will not last forever
- Tell your inner child that she or he is beautiful and worthy of love
- Let your inner child know that you are available at any time he or she needs you

Get More Information

- Get an Astrological Reading
- Get a Tarot Reading

Supplements

- Drenamin or Arnica

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Personal Worksheet

1. What is one thing you can do to ground yourself into your body?
2. What is one thing that you believe is true without a doubt?
3. Who or what can you rely on for help?
4. What is a mantra you can use to anchor yourself?
5. What is one song or piece of music that always uplifts you?
6. What is one mental scene that always calms you?
7. What is one body posture that soothes you?
8. What is one thing you can do that calms your vagus nerve?
9. What is the best way for you to breathe to calm yourself? 2/4 or 3/6
10. What are 3 things for which you are grateful no matter what?
11. What are 3 of your best self-soothing strategies?
12. When you need to soothe your inner child, what do you do in your mind?

13. What outside resources do you have if you need more help?

14. In what way do you want to help others that are struggling at this time?