FLIGHT CALM

When fear starts rising, come back here.

Your Anchor

Press your two fingers together. Take one slow breath in. Let it go. Let the calm follow
Calm body. Clear mind. Safe journey.

Ground Yourself

Name 5 things you can see.
Name 4 things you can touch.
Name 3 things you can hear.
You are here. You are safe.

Remember

This feeling will pass. Your body is doing its job - and you know how to work with it. You have tools. You have this.

Shirley – The Celtic Alchemist