



NOTES

DISRUPTING YOUR THOUGHT PROCESS

- Distraction through music, watching TV, drawing, etc.
- Playing with or simply interacting with a pet
- talking to a friend or loved one.

GROUNDING TECHNIQUES

• BREATHE

Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, and so on until you feel grounded.

• EXERCISE

Going for a walk, jumping jacks, bike riding, etc.

• SENSES

Focus on a particular sensation like holding an ice cube and noticing what it feels like or smelling an essential oil.

• STRETCH

You can perform light stretches while you focus on your breath as well, paying close attention to the physical sensations that arise from the activity.

• STRETCH

"5, 4, 3, 2, 1 exercise.. — where you identify 5 objects, 4 different sounds, 3 textures, 2 smells, and 1 taste — or by simply focusing your awareness on the present moment and bodily sensation, it's important to draw your attention to the present.

RESOURCES

scan the code or visit newlifepismo.com/wednesday to get live links for each of these great resources!



ONLINE THERAPY

- betterhelp.com
- talkspace.com

LOCAL THERAPY CENTERS

- New Life Counseling, Pismo Beach — 805-489-3891
- True North Therapy Group, Grover Beach — 805-904-0393
- Community Counseling Centers, SLO — 805-543-7969

CRISIS + SUICIDE PREVENTION

- Central Coast Hotline 800-783-0607
- Suicide Prevention Lifeline 800-273-8255

PODCASTS + OTHER RESOURCES

- Attacking Anxiety in Leadership (Craig Groeschel) • YouTube
- Getting Better: Stories of Mental Health • apple podcasts
- Beautiful Between • blog post • visit Last Wednesday site for link
- Christian Counseling Education Foundation • www.ccef.org
