**16 Tools for Helping Yourself Right Now**

1. Instead of jumping up out of bed in the morning and reaching for your phone or turning on the TV, lie in bed on your back, palms toward the ceiling, legs apart and bring attention to your body and breathing. -Jon Kabat-Zinn

2. Use mindfulness and grounding tools throughout your day. Connect to what is happening right now. Feel the warmth of the coffee cup in your hands. What does the coffee taste like? Smell like? -Sharon Salzburg

3. Touch base with your breathing several times a day. Be grounded in the moment and use the mantra “this too shall pass.” - Jon Kabat Zinn

4. Tense/Relax exercise – tense up your body for 10 seconds then relax your body for 10 seconds. If you do this exercise for 10 times twice a day the results will last for 8 hours. –Dr. Phil

5. Breathe in for 3 seconds and exhale for 6 seconds to release the tension and stress. Do this 10 times in a row twice a day. –Dr. Phil

6. Mind Starts Racing – Test your thoughts for 4 criteria for rationality.

1. Are your thoughts based one fact?

2. Is it in your best interest?

3. Does it get you what you want?

4. Does it protect and prolong your life?

Does your internal dialogue (what you are saying to yourself) meet all 4 criteria? If not kick those thoughts out and generate thoughts that do meet the 4 criteria. -Dr. Phil

7. Limit news and social media to 2 times a day (morning and night). Stop watching news at least 2 hours before bedtime. – Dr. Bruce Perry. Instead watch Some Good News with John Krasinski, You Tube.

8. Use these 3 steps for self-regulation;

1. Top down (cognitive part of your brain) – use mantras “this too shall pass”, “this won’t last forever”, “you’re going to be healthy”

2. Bottom up (lower part of your brain) – walk, music, art, video games, dance, yoga, stretching, anything in rhythmic patterns in tiny doses throughout your day in addition to a 45 minute walk/exercise break.

3. Intentionally connect with people. Physically distancing but staying emotionally close via phone call, face time, zoom. Set up a Zoom meeting with friends and family that you can put in your schedule and look forward to. – Dr. Bruce Perry

9. The Perspective Journal

1. What are some things you are GRATEFUL for today?

2. What are some things you are PROUD of today?

3. What are some things you are COMPASSIONATE about today?

10. ANT Therapy (Automatic Negative Thoughts)

1. Be aware of the negative thought.

2. Name it.

3. Negate it with a positive thought.

4. Move on. –Dr. Daniel Amen

11. The Mindset Pivot – for your “To Do” List take 30 seconds to write down what you have to do by tomorrow. Cross out the word Have and replace with GET. This exercise will help us shift our mindset from the negative to the positive and what we are grateful and lucky to GET to do.

12. Free On-line classes: Mindfulness Based Stress Reduction Class -palousemindfulness.com & The Science of Wellbeing class from Yale University -coursera.org

13. Move throughout your day, make a daily schedule and include something you can look forward to; kids and adults sing, move, breathe, be quiet together; have your own private space in your home. Dr. Bessel van der Kolk.

14. Find things to make yourself laugh! Find joy every day.

15. Help someone else.

16. Try some meditation/mindfulness apps: Insight Timer, I am, Done, Calm, Sounds True, Breath2Relax, Smiling Mind, The Tapping Solution.

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