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Letting It Settle

Just a gentle reminder . . .

Given everything that is happening around you, the concept of calm may be lost on you. The thought of stillness may seem foreign, and while you know that something needs to shift, you don't know how to move yourself toward a life of ease.

Letting It Settle Passage

Finding a space of calm is more necessary than ever. Between information overload brought on by social media and 24-hour news sources, increased demands for productivity, a breakdown of the boundaries between personal and professional life, and rising levels of stress and anxiety, it's essential to carve out moments of calm to preserve our mental and emotional health.

Writing Prompts: The Process of Letting It Settle

The process of letting it settle allows the mind to settle, the body to settle, and the emotions to settle so that you can move clearly through life and begin to see the beauty and safety that exists around you. As you work toward finding ways to let it settle, ask yourself where in your life you're currently feeling unsettled. Once you note the areas that are causing stress and anxiety, you can begin to implement the tools to help you get back to a settled space. Just as I learned from Jack, the preschool student I reference in Chapter 1 of *Let It Settle*, in order for us to settle into the present moment, we need to allow ourselves to draw awareness to those unsettled moments in our lives. Now create that space of presence for yourself and take a few moments to respond to these questions:

What situation are you currently experiencing that is causing you to feel unsettled?

When you feel unsettled, how does it manifest in your body?

What emotional experiences are present for you in this moment?

Why does it make perfect sense that you'd be feeling the way that you are, given everything going on around you and everything you've been through?



Using Calm Kit Tool #1: 5-4-3-2-1 Calming Technique for Anxiety

The best way to return to a settled space is to reconnect to the present moment. Take a few moments to ground yourself back into the here and now using the 5-4-3-2-1 Calming Technique for Anxiety.

Five Things You Can See

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

Four Things You Can Touch

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

Three Things You Can Hear

1. _____
2. _____
3. _____

Two Things You Can Smell

1. _____
2. _____

