



The Mindful Healing Journal

**A Gentle Guide for
Trauma Recovery**

Here with Kristin

The Mindful Healing Journal: A Gentle Guide for Trauma Recovery

Here
| with
| Kristin

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Preface

Welcome.

If you're holding this journal, it means you're seeking something gentle, healing, and grounding-it is great you are taking this step.

This journal is for those of us who've experienced complex trauma, emotional overwhelm, or a sense of feeling stuck in survival mode. You don't need a diagnosis, a perfect meditation practice, or a history of therapy to use this. You just need a little curiosity and kindness toward yourself.

Mindfulness isn't about fixing yourself, it's about learning to meet yourself with compassion, right here, right now. This journal offers you a space to slow down, listen inward, and rebuild trust with your body, mind, and spirit.

There is no wrong way to heal-you can move through these pages at a pace the feels right for you.

Let's begin-gently.

With warmth,
Kristin



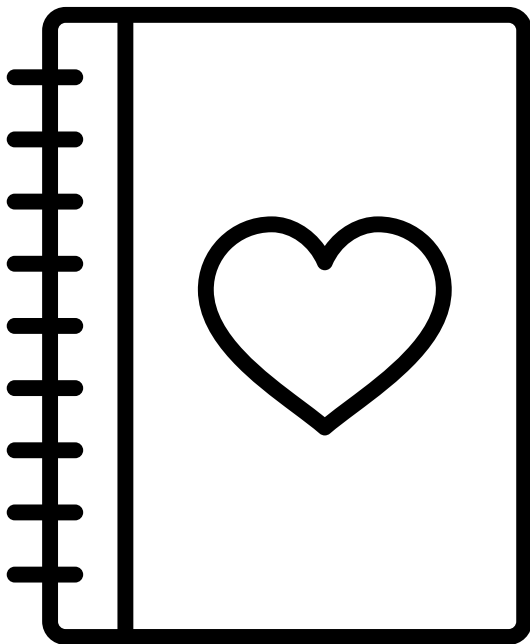
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Introduction

Why I created this journal:

I deeply believe that mindfulness and journaling are transformative practices, especially for those healing from complex trauma, anxiety, or depression. Through my own journey, I've found that these practices offer a fast track to understanding our inner motives and our behaviors.

Often, the thought of journaling can feel overwhelming, and many find mindfulness confusing making us unsure where to begin. **This journal is designed to provide a simple, comforting structure that combines both practices, making them accessible and less daunting.**



In addition to my personal experience, scientific studies support the benefits of mindfulness and journaling. Studies such as the one by Kabat-Zinn et al. (1990) have shown that mindfulness can reduce stress, improve emotional regulation, and enhance overall well-being.

Similarly, research by Pennebaker (1997) has linked journaling to improved mental health, better cognitive function, and increased self-awareness.

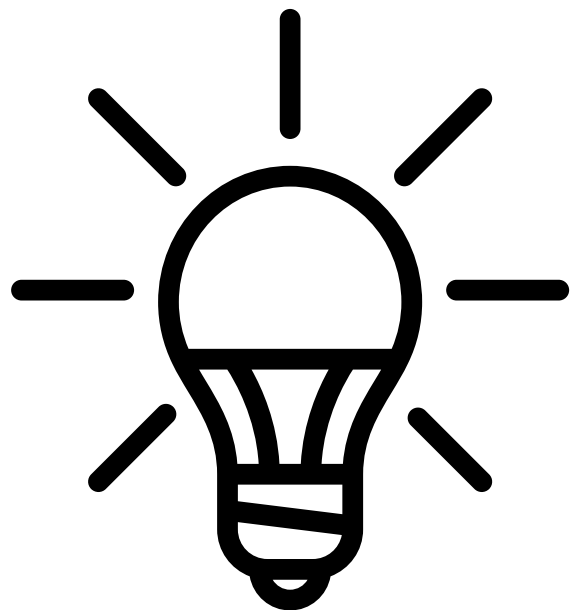
By blending these scientifically backed practices, this journal aims to help you foster a deeper connection with yourself in a gentle and nurturing way. Deeper review of this research is on the next page if that's of interest to you.

These studies provide a scientific foundation for the benefits of mindfulness and journaling, demonstrating how structured and consistent practice in these areas can lead to significant improvements in mental and emotional well-being.

Science behind mindfulness and journaling

In the study by Kabat-Zinn et al. (1990), participants were enrolled in an eight-week mindfulness-based stress reduction (MBSR) program. This program involved weekly group sessions where participants practiced mindfulness meditation, body scanning, and mindful movement. Participants were also encouraged to practice mindfulness exercises daily at home. Researchers measured stress levels, emotional regulation, and well-being before and after the program, finding significant improvements in these areas. Kabat-Zinn, J., Massion, A. O., Kristeller, J., Peterson, L. G., Fletcher, K. E., Pbert, L., Linderking, W., & Santorelli, S. F. (1990). Effectiveness of a mindfulness-based stress reduction program in the treatment of anxiety disorders. *American Journal of Psychiatry*, 147(7), 936-944.

Pennebaker's research (1997) on journaling involved participants writing about their deepest thoughts and feelings related to traumatic or emotional experiences for 15-20 minutes a day over consecutive days. These expressive writing sessions were conducted either in a laboratory setting or at participants' homes. The study assessed mental health outcomes, cognitive function, and self-awareness before and after the exercises. Results indicated that participants who engaged in expressive writing experienced better mental health, enhanced cognitive function, and increased self-awareness compared to control groups. Pennebaker, J.W. (1997). Writing about emotional experiences as a therapeutic process. *Psychological Science*, 8(3), 162-166.



What is mindfulness? (for trauma survivors)

Mindfulness is the practice of bringing your attention to the present moment with a sense of curiosity and non-judgment. It's about noticing your thoughts, feelings, and bodily sensations without trying to change or fix them. This gentle awareness helps create a space where you can experience your inner world with self-compassion and patience.

When we've experienced trauma, our nervous system can become dysregulated, leading to heightened states of arousal or numbness.

Mindfulness works by helping to calm this dysregulation and bringing us back to a balanced state. By being present and attentive, we can soothe our nervous system, allowing our mind and body to reconnect and heal.



Mindfulness doesn't require perfection. It's accessible to everyone, regardless of their background or experience. All it takes is the willingness to gently tune in to yourself and be curious about whatever you find. Through this practice, you can cultivate a sense of safety and trust within, gradually moving toward healing and resilience.

Remember, mindfulness is a journey, not a destination. Be kind to yourself as you explore your inner mind. Your healing matters, and there's no wrong way to practice mindfulness. Take each step with care and compassion and know that you are worthy of the peace and grounding that mindfulness can bring.

You are here. You are present. And that is enough.

How trauma affects the brain and body

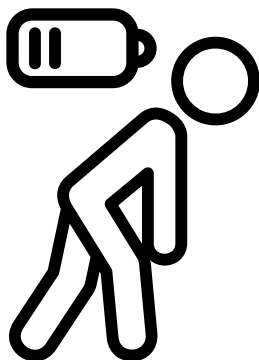
When we experience trauma, our brain and body can respond in ways that make us feel either overly alert or distant and disconnected. This is known as hyperarousal or hypoarousal. Understanding this response helps us realize that our reactions are normal and part of our body's way of coping and protecting us.

The concept of the "window of tolerance" is invaluable in understanding our responses to stress and trauma. The window of tolerance refers to the optimal zone of arousal in which a person can function effectively. When within this window, individuals are able to handle emotions, think clearly and engage with the world around them.

Trauma can throw us off balance, making us feel super alert (hyper-arousal) or disconnected (hypo-arousal). It's normal—our body's way of coping. Expanding our comfort zone is key to healing, and mindfulness can help us get back to a balanced state.

Examples of hyper arousal include:

- Experiencing symptoms of anxiety or panic attacks
- Having difficulty sleeping or staying asleep
- Feeling constantly on edge or easily startled
- Being overly vigilant and perceiving threats everywhere



Conversely, examples of hypo arousal include:

- Feeling numb or detached from emotions
- Experiencing fatigue or a lack of energy
- Difficulty concentrating or feeling mentally foggy
- Having a sense of disconnection from the world around you.

Recognizing these symptoms is an important step in understanding how trauma impacts us. Creating a safe space is essential in your healing journey. It's not just about finding a physical place where you feel secure but also nurturing an internal sense of safety. This means being gentle with yourself, honoring your feelings, and allowing yourself to heal at your own pace.

Your experiences and emotions are valid. You are on a path toward healing, and each step you take is a sign of your resilience and strength. Approach this journey with kindness and patience and know that you are deserving of peace.

How to use this journal

Every time you sit down to write, the journal will give you a series of exercises designed to help you become more mindful and connected to your thoughts, feelings, emotions, and body. The goal is to practice regularly so you can start noticing these aspects of yourself more frequently. Self-awareness is essential for healing, and I hope this journal supports you on your journey to greater self-awareness. Some of the exercises focus on different areas of self-awareness, while others help create a more positive and supportive inner dialogue. The goal is to become your own safe space.



No perfection required:

This journal is your personal space, and it's important to remember that there is no right or wrong way to use it. Allow yourself the freedom to make mistakes, doodle, and jot down your thoughts without judgment. It's okay if your entries aren't perfect; what's important is that you are expressing yourself and finding comfort in the process.

Skip around or go in order:

Feel free to use the journal in a way that suits you best. You can follow the sections in order if that helps you, or you can skip around to the parts that resonate with you at any given moment or on any given day. Trust your intuition and let your needs guide you through the journal.

Use when regulated or dysregulated:

Whether you're feeling calm and centered or overwhelmed and distressed, this journal can be a useful tool. When you're regulated, it can help deepen your introspection and self-awareness. When you're dysregulated, it can provide a safe outlet for your emotions and thoughts, helping you find grounding. Personally, I have found some of my most valuable journaling moments has been when I've been dysregulated. It has helped me put words to the intense emotions or feelings that I was having. I broke through to understanding my triggers in these moments.

Repeat entries are welcome and encouraged:

It is ok to write the same thoughts, ideas or feelings, identify the same behaviors, or choose the same mantra for consecutive days. Repetition is a part of the healing process. Do what works for you and repeat if that feels right. Originality is not the game here; it is truth and healing. So, feel free to stick to the same things when that feels right to you.



Tools to guide in practicing mindfulness and journaling

This section is about the tools you'll need for the journal exercises. Take a read through it to get the hang of how to use them. These resources are here to help you with your daily entries and offer some extra support. Come back to this section anytime you need a bit of guidance or inspiration.

The tools in this section are listed in the order you'll find them in the journal. The tools are meant to help you go deeper into your thoughts and feelings as you work through each exercise.

They are arranged in a way that I think could be most helpful, but feel free to use them in any order that feels right to you. Trust yourself and go with what works best for you.



Tools Included in this Section

- Window of Tolerance
- Feelings Wheel
- Somatic Check in
- Mindful Thought Capture
- Grounding Practice
- Fostering Kind Thoughts
- Planning a Gentle Action
- Closing Breath and Mantra

Window of tolerance:

Window of tolerance:

The window of tolerance helps us understand our emotional and physical states. It is the range where we function best, feeling calm and able to handle challenges. When within this window, we feel grounded and resilient. Recognizing when we're outside this window helps us use tools to regain balance.

This exercise helps you identify where you are in the moment. It's a good first step because it sets the baseline for understanding your current state. Knowing your position in the window of tolerance helps you choose grounding techniques to restore balance, whether you're feeling overwhelmed or disconnected.



On the days you find yourself within your window of tolerance, feeling regulated and balanced, you have the opportunity to engage in deeper self-awareness and personal growth.

This state of resilience allows you to tackle challenges and work on more demanding tasks with the necessary energy and stability.

Window of tolerance check-in

Mark an "X" in the window that matches your current state:

Sample journal entry

Hyper aroused:

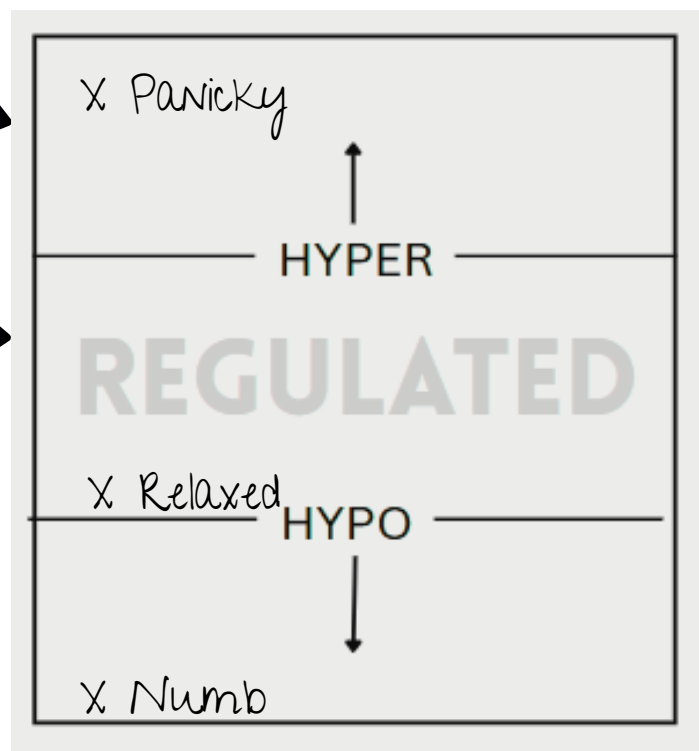
Place an X above the Hyper line if you are feeling hyper-aroused. For example, you can position higher in the box if you are very anxious or panicky, or just above the line if you are slightly jittery but mostly okay.

Regulated:

Place an X in the box between Hyper and Hypo if you feel regulated. You can place it lower if you're very relaxed and regulated, or higher if you're energetic but still regulated.

Hypo aroused:

Place an X below the Hypo line if you are feeling hypo-arousal. You can place it just under the word hypo if you are feeling sluggish, or lower in the box if you are feeling numb and detached.



Feelings wheel

Using a feelings wheel

Using a feelings wheel is a fantastic way to get in touch with your emotions, understand them better, and reflect on your mental and emotional state. This guide is here to help you navigate how to use this tool effectively in a way that feels natural and supportive.

Finding your general emotion

The feelings wheel is divided into sections that represent broad categories of emotions, such as happiness, sadness, anger, fear, surprise, and disgust. Start by taking a moment to sit quietly and observe your internal state. Ask yourself, "How am I feeling right now?" Try to focus on the general sense of your emotions without diving into specifics just yet. Look at the innermost ring of the wheel to identify which category resonates most with your current state.

Narrowing down to more specific emotions:

Once you've identified the general category of your emotion, move towards the outside of the wheel where you will find more detailed emotions. For example, if you identified 'Happy' as your general emotion, you might narrow it down to 'joy', 'amused', or 'enthusiastic'. Take your time to explore the different options and see which specific emotion feels most accurate for you. It's perfectly okay to land on multiple emotions or feel like you're somewhere in between—emotions can be complex!

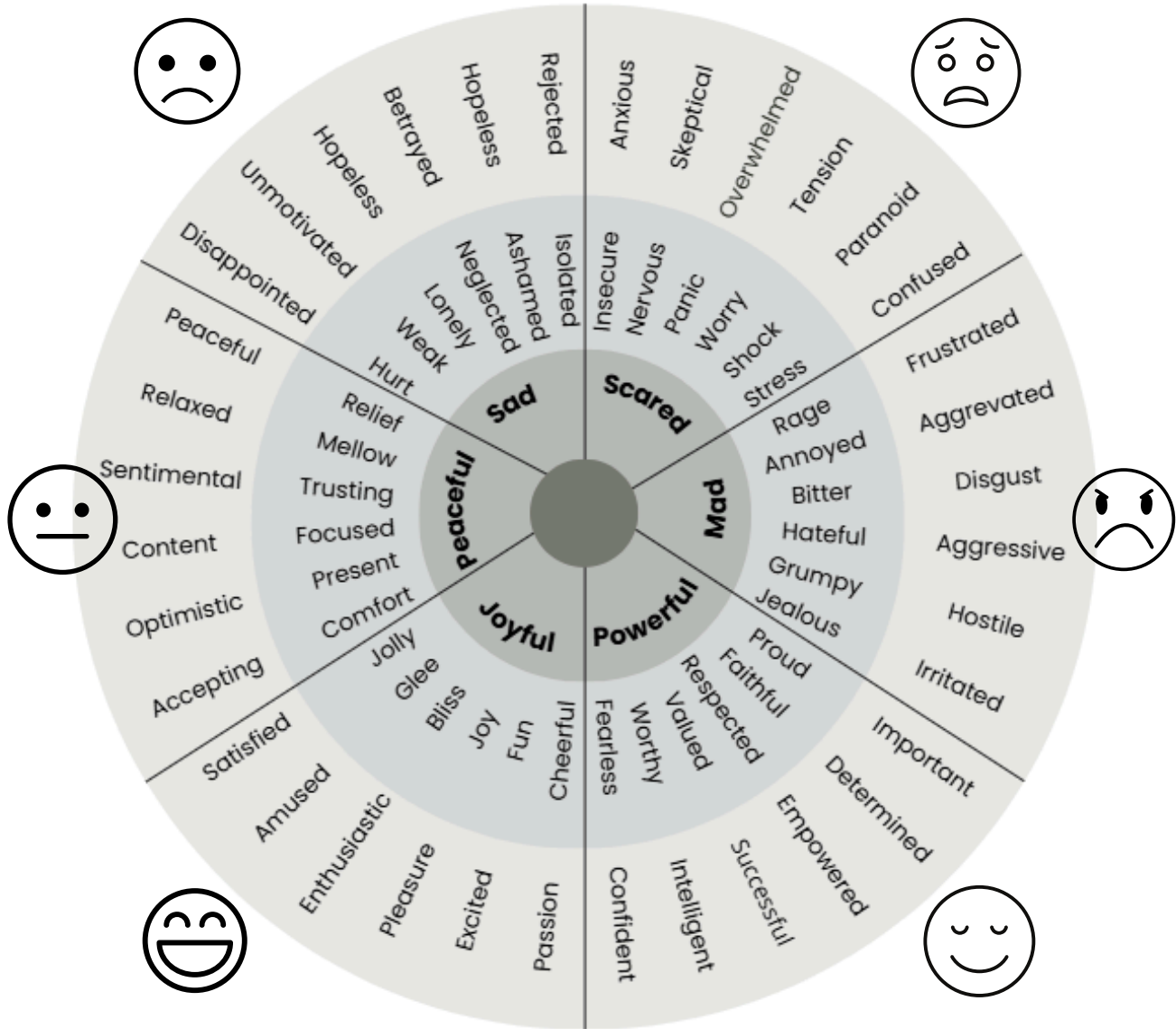
Reflecting on your emotions

Now that you have pinpointed your emotions, it's time to reflect. Here are a few questions to guide your reflection:

- Why might I be feeling this way?
- What events or thoughts preceded this emotion?
- How is this emotion affecting my body? (Consider your posture, breathing, and physical sensations)
- What do I need right now to support myself while feeling this emotion?
- How can I express or release this emotion in a healthy way?

Take your time to journal your answers, doodle, or simply sit with your thoughts. The goal is to build a deeper connection with your emotions and understand them better.

The Feelings Wheel



Sample journal entry:

FEELINGS WHEEL CHECK IN

Write in your emotions for today. Pick a general emotion(s), specific emotion(s) and reflect.

GENERAL EMOTIONS: Fear and anger

SPECIFIC EMOTIONS: Confused and Irritated

REFLECT: I just got a mean text from my ex-husband and i'm feeling triggered.

Somatic check-in guide

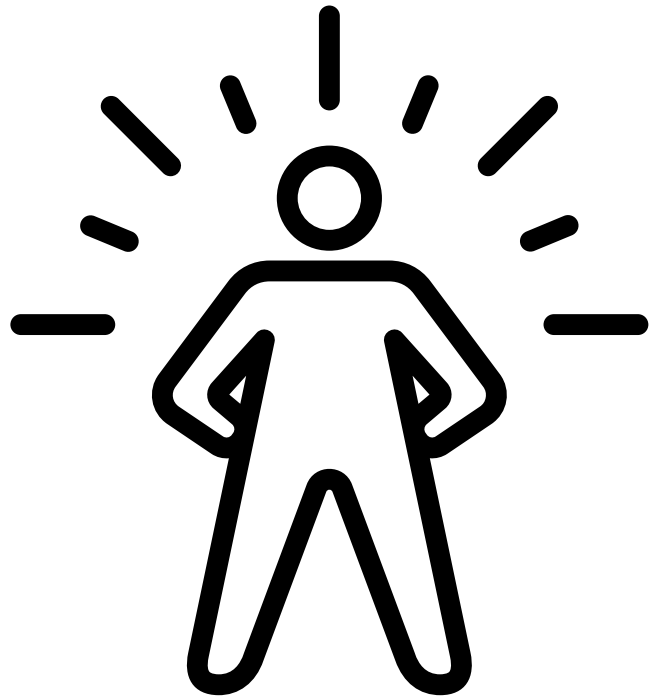
Introduction

In our fast-paced lives, it's easy to become disconnected from our bodies. A somatic check-in tool can help us pause, tune into our physical sensations, and understand how our bodies are feeling. Whether you're dealing with stress, seeking to enhance your self-care routine, or wanting to deepen your connection with your body, a somatic check-in tool can be invaluable.

Why use a somatic check-in tool?

Somatic check-ins offer several benefits:

- **Mindfulness:** They encourage you to be present in the moment.
- **Stress reduction:** By focusing on your body, you can identify sources of tension and take steps to alleviate them.
- **Emotional awareness:** Physical sensations often correlate with emotions. Understanding these connections can help you address emotional needs more effectively.
- **Enhanced self-care:** Regular check-ins can signal when you need rest, hydration, or other forms of self-care.



Somatic check-in

Below is a step-by-step guide to performing a somatic check-in. This practice can take anywhere from a few minutes to half an hour, depending on how deep you wish to go.

Step 1: Find a quiet space

Begin by finding a quiet and comfortable space where you won't be interrupted. Sit or lie down in a relaxed position.

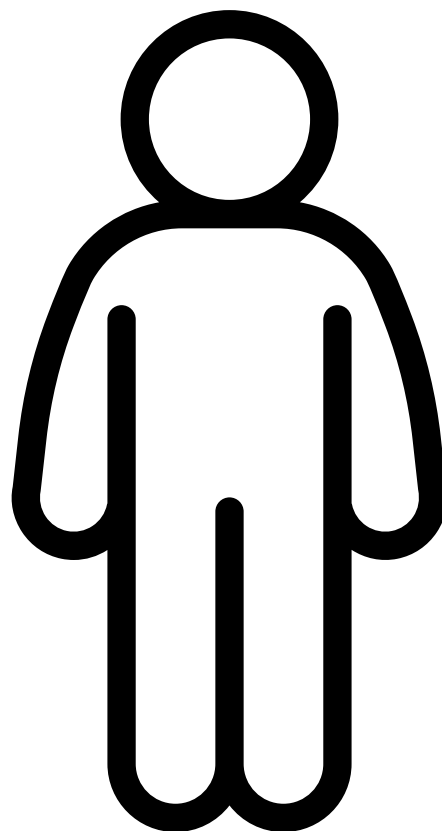
Step 2: Take a few deep breaths

Close your eyes and take a few deep, slow breaths. Inhale deeply through your nose, allowing your lungs to fill completely, and exhale slowly through your mouth. This helps to ground you and prepare your mind for the check-in.

Step 3: Scan your body

Starting from the top of your head, slowly scan down to your toes. Note any areas of tension, discomfort, or pleasant sensations. You can mentally divide your body into sections to make this easier:

- **Head and face:** Notice the muscles in your forehead, around your eyes, and jaw.
- **Neck and shoulders:** Pay attention to the back of your neck and your shoulders.
- **Chest and upper back:** Feel the rise and fall of your chest as you breathe.
- **Abdomen and lower back:** Notice any tension or relaxation in your stomach area and lower back.
- **Hips and pelvis:** Sense the weight of your body in your seated position or lying down.
- **Legs and feet:** Feel your thighs, knees, calves, and the soles of your feet.



Step 4: Identify sensations

As you scan each part of your body, identify the sensations you feel:

- Tension: Are there any areas that feel tight or strained?
- Pain: Do you notice any discomfort or pain?
- Warmth or coolness: Are there areas that feel warm or cool?
- Movement: Do you sense any subtle movements, like your heartbeat or digestive activity?
- Relaxation: Are there parts of your body that feel relaxed or pleasant?

Step 5: Acknowledge your feelings

Connect the physical sensations to your emotions. For example, you might realize that tension in your shoulders corresponds with stress or anxiety. Acknowledge these feelings without judgment.


Step 6: Address your needs and make a plan:

Based on your check-in, consider what you can do to address any discomfort or tension. Here are some suggestions:

- Movement: Stretch or change your posture to relieve tension.
- Hydration: Drink water if you feel dehydrated.
- Rest: Take a short break if you feel exhausted.
- Relaxation Techniques: Practice deep breathing, meditation, or progressive muscle relaxation.

Sample journal entry:

SOMATIC CHECK IN
Put an X in any areas of your body that need attention, note sensations and make a plan.



SENSATIONS: warm Cheeks

FEELINGS: ashamed

PLAN: Be gentle on myself today. Give myself time for the shame to wear off

Step 7: closing breath

Finish your check-in with a few deep breaths. As you inhale, imagine filling your body with calm and positive energy. As you exhale, visualize releasing any remaining tension or negative emotions.

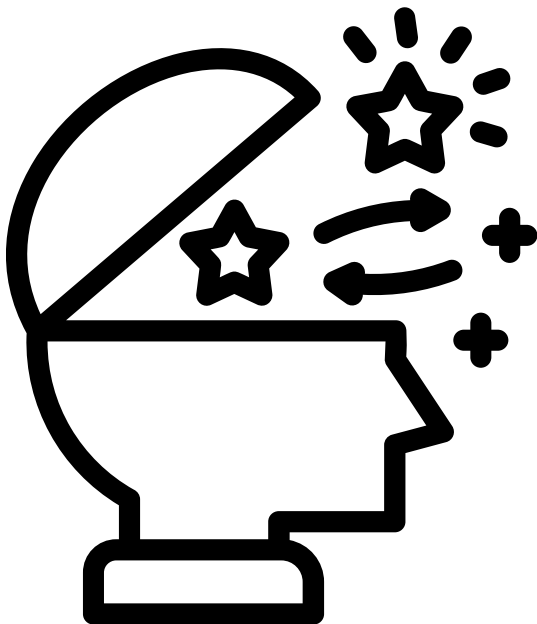
Mindful thought guide

Supporting your journey to clarity

Introduction

This tool is designed to help you gently tune into thoughts, words, or phrases as they pass through your mind, increasing clarity. This has been a very powerful practice for me, especially when I'm dysregulated. I tend to become frozen after being triggered. This makes it very difficult for me to process my thoughts. I started just "noticing" the words and phrases that floated through my mind. Often, this would help me find a clue as to what was going on with me. I would write them down and reflect on what they might mean.

Note: While capturing your thoughts, it's important to remember that not all thoughts hold significant meaning. For individuals with OCD, schizophrenia, or other conditions that cause distorted thinking, thoughts may arise that are not productive or helpful. This tool aims to offer clarity and insight, but it is not intended to dwell on or validate every thought that comes to mind. Please be gentle on yourself as you navigate this process.



How to Use the Tool

Step 1: Settle Into a Comfortable Space

Find a cozy spot where you feel secure and at ease, choose a space that invites calmness and safety.

Step 2: Open Your Mind

Take a few deep breaths, allowing your thoughts to flow freely without judgment or pressure. Don't worry about trying to control or filter them. Let your mind gently explore the landscape of your mind.

Step 3: Capture the moment

As thoughts, words, or phrases come to you, jot them down. Don't overthink or judge what you're writing. Every thought is valid, even if it seems unclear or confusing. Simply capture what arises naturally.

Step 4: Embrace the chaos

Understand that there is no right or wrong way to do this. If your thoughts seem scattered or nonsensical, that's perfectly okay. The goal is to honor the current state of your mind without any constraints.

Sample journal entry:

Thoughts, words, or phrases I'm noticing

I'm feeling a mixture of sadness and hope. Why can't I let go of this guilt? I need to forgive myself. The phrase "one step at a time" is in my mind. I notice deep breaths help calm me. I should do this more often

Step 5: Reflect and connect

After you've spent some time capturing your thoughts, take a moment to review what you've written. You might discover patterns, ideas, or emotions that resonate with you and offer insights into your healing process.

Closing thoughts

The Mindful Thought Capture Tool is a gentle reminder to honor your inner voice during challenging times. By writing down whatever comes to mind, you nurture your curiosity, enhance self-awareness, and foster a deeper connection with yourself.

Grounding practice guide

Basic grounding techniques

Simple methods to anchor yourself

Introduction

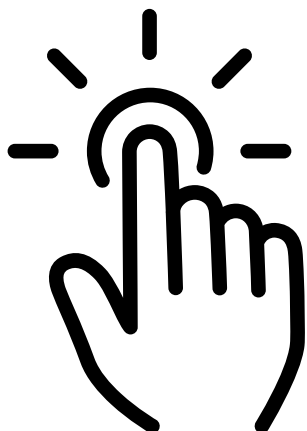
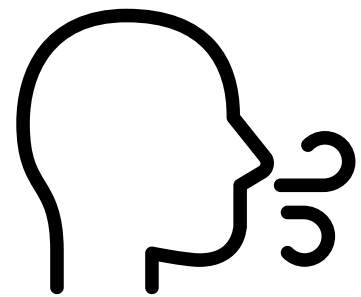
Grounding techniques are essential tools for managing stress, anxiety, and overwhelming emotions. These practices help you connect with the present moment, stabilize your thoughts, and calm your nervous system. Journaling about grounding techniques that you try creates an accountability loop with yourself. Noticing that you were not doing any grounding on a given day can impel you to do it in the future. When you are successful at implementing grounding, writing about it and reflecting will likely make it even more likely for you to do it more. Here are some grounding techniques that you can experiment with.

Technique 1: Deep breathing

Deep breathing is a fundamental grounding technique. It involves focusing on your breath and taking slow, deep inhalations followed by equally slow exhalations.

Step-by-Step:

- Find a comfortable seated position.
- Close your eyes and take a deep breath in through your nose, counting to four.
- Hold the breath for a count of four.
- Exhale slowly through your mouth for a count of four.
- Repeat this cycle several times, focusing on the sensation of breath entering and leaving your body.



Technique 2: The 5-4-3-2-1 method

The 5-4-3-2-1 method is designed to engage your senses and bring you back into the present moment.

Step-by-Step:

- **5:** Look around and name **five** things you can **see**.
- **4:** Listen and identify **four** things you can **hear**.
- **3:** Notice **three** things you can **touch or feel** your body touching.
- **2:** Recognize **two** things you can **smell**.
- **1:** Focus on **one** thing you can **taste**.



Technique 3: Grounding through movement

Movement helps to release built-up tension and to reconnect with your body.

- Stand up and stretch your arms above your head.
- Shake out your hands and feet.
- Take a few steps around the room, paying attention to how your feet feel against the floor.
- Perform gentle yoga poses or stretches, focusing on the sensations in your muscles.

Technique 4: Using sensory objects

Sensory objects can help you return to the present moment by stimulating your senses.

- Keep a small object such as a smooth stone, stress ball, or piece of fabric with you.
- Hold the object in your hand and focus on its texture, weight, and temperature.
- Take note of how it feels in your palm and fingers.
- Use the object whenever you feel disconnected or overwhelmed.

Technique 5: Visual imagery

Visual imagery involves creating calming mental pictures to center yourself.

- Close your eyes and imagine a peaceful scene, such as a beach, forest, or meadow.
- Focus on the details: the colors, sounds, and sensations associated with this place.
- Allow yourself to 'visit' this scene whenever you need to calm your mind.

Technique 6: Mindful engagement with everyday activities

Engaging mindfully with everyday activities involves paying attention to the details, and appreciating the simplicity and beauty of routine tasks. Here are suggestions to help you incorporate mindfulness into your daily life:

- **While eating:** Focus on the taste, texture, and aroma of each bite. Chew slowly and savor the flavors.
- **During your morning routine:** Pay attention to the sensation of water on your skin while showering or the feeling of the toothbrush in your mouth.
- **Walking:** Notice the rhythm of your steps, the feeling of the ground beneath your feet, and the sights and sounds around you.
- **Cleaning:** Observe the movements of your hands, the textures of the surfaces, and the transformation of your space. Warm water while washing dishes is one of my favorites.
- **Listening to music:** Immerse yourself in the melody, rhythms and lyrics. Allow the music to evoke emotions and memories.
- **Gardening:** Feel the soil, notice the temperature and texture of the dirt, notice the growth of the plants and appreciate being outside.
- **Engaging in hobbies:** Fully concentrate on the activity, whether it's painting, knitting, or playing an instrument. Enjoy the colors and textures or sounds.
- **Communicating:** Listen deeply to others, notice their expressions, and respond with empathy and presence.
- **Breathing:** Take moments throughout the day to focus on your breath, its depth, and its rhythm.
- **Driving:** Pay attention to the road, the surroundings, and the sensation of the car's movement.



Sample journal entry:

A moment I noticed myself grounding was

i enjoyed cooking dinner last night. I noticed the colors of the vegetables as they were steaming. Steamed broccoli is the most beautiful color!

Fostering kind thoughts

Why identifying kind thoughts is important

Identifying kind thoughts for oneself can significantly enhance mental and emotional well-being. Kind thoughts act as gentle reminders of self-compassion, promote a positive mindset, and encourage personal growth. By consciously acknowledging and cultivating kind thoughts, you can create a supportive inner-environment that fosters resilience, peace, and self-love.

Finding a kind thought begins with mindfulness. Sit quietly and observe your mind, allowing thoughts to flow naturally without judging them. If a kind thought doesn't emerge, refer to the list of examples. Choose a thought that resonates with you, and let it become a part of your conscious reflection for the day.

Examples of kind thoughts to borrow from:



- I am worthy of love and respect.
- My feelings are valid, and I honor them.
- I am doing my best, and that is enough.
- I forgive myself for my past mistakes.
- I am grateful for the small joys in my life.
- Today, I choose to be kind to myself.
- I deserve happiness and peace.
- I trust myself and my decisions.
- I am proud of my progress and growth.
- I embrace my uniqueness and strengths.
- I am surrounded by love and support.
- I am capable of overcoming challenges.
- I am enough, just as I am.
- I celebrate my achievements, no matter how small.
- I am at peace with who I am.

More kind thoughts to borrow from:

- I am grateful for the present moment.
- I believe in my ability to create positive change.
- I nurture my mind, body, and soul.
- I honor my journey and where I am today.
- I am worthy of respect and admiration.
- I forgive myself for past mistakes and learn from them.
- I radiate confidence and positivity.
- I am open to new experiences and opportunities.
- I listen to my intuition and follow my heart.
- I am a source of joy and inspiration to others.



Sample journal entry:

A kind thought I can offer myself

I forgive myself for my past mistakes.

Planning a gentle action

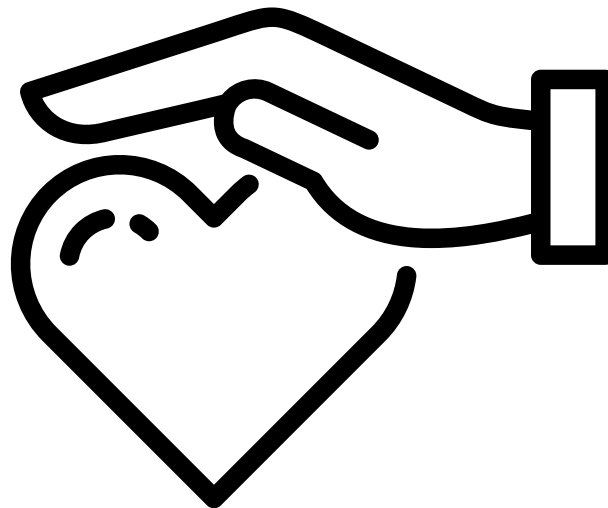
The value of planning gentle actions

Planning gentle actions is a powerful way to nurture your well-being and foster a sense of calm and purpose in your daily life. These small actions can have a profound impact on your mental, emotional, and physical health. By intentionally choosing activities that promote self-care, you create a positive ripple effect that enhances your overall quality of life. Gentle actions are about embracing kindness towards yourself and recognizing the importance of taking time to recharge and reflect.

How to pick a gentle action

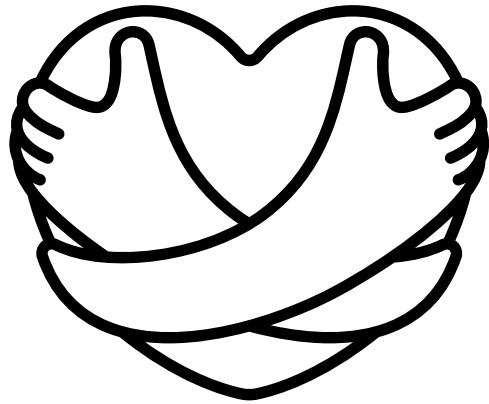
Selecting a gentle action involves tuning into your needs and desires. Here are a few tips to help you choose one:

- **Listen to your intuition:** Pay attention to what your body and mind are telling you. What do you feel drawn to?
- **Consider your energy levels:** Choose an activity that aligns with how you're feeling. If you're tired, opt for something restful. If you're energetic, pick something engaging.
- **Reflect on recent experiences:** Think about moments of joy or peace you've encountered recently. Which activities contributed to these feelings?
- **Identify your needs:** Consider what you need most at this moment. Is it relaxation, connection, creativity, or movement?



Ideas to get you started

- Take a short walk in nature.
- Practice deep breathing exercises.
- Write in your journal about a recent joy.
- Spend time with a loved one.
- Read a favorite book or poem.
- Do a gentle yoga session.
- Listen to calming music.
- Engage in a creative activity like drawing or painting.
- Prepare a wholesome meal or snack for yourself.



Planning and implementing gentle actions can be a transformative practice. It allows you to create a sanctuary of peace in your everyday life.

Sample journal entry:

A gentle action I can take today

I'm going to make a cup of hot cocoa tonight to enjoy while I watch TV.

Closing breath and mantra

The value

Taking a closing breath and identifying a mantra are powerful tools that can help you conclude your day with peace and serenity. These practices enable you to ground yourself, reflect on your experiences, and enter a state of relaxation. By integrating these into your routine, you prioritize your well-being and create a calm sanctuary in your everyday life.

How to do a closing breath:

1. Find a quiet and comfortable space where you can sit or lie down.
2. Close your eyes and take a deep breath in through your nose for a count of four.
3. Hold your breath for a count of four.
4. Exhale slowly through your mouth for a count of four.
5. Repeat this process three to five times, focusing on the sensation of your breath and the calm it brings.



Identifying a mantra

A mantra is a word or phrase that you repeat to yourself during meditation or moments of stress to center your mind and bring about a sense of peace. Here are some steps to identify a mantra that resonates with you:

1. Reflect on your personal values and goals.
2. Choose a word or phrase that feels empowering and comforting.
3. Write it down and keep it in a place where you can see it frequently.
4. Use this mantra during your closing breath or whenever you need to feel centered.

Examples of Mantras

- **"I am safe in this moment."** - A reminder that you are secure and protected.
- **"I am enough."** - Affirmation of your inherent worth and value.
- **"I release what I cannot control."** - Encouragement to let go of stress and surrender to the present.
- **"I am grateful for this day."** - A practice of gratitude and appreciation for life's moments.
- **"Peace begins with me."** - A commitment to fostering tranquility within yourself.
- **"I trust the process of life."** - Assurance that everything happens for a reason.
- **"My heart is open to love."** - Inviting affection and connection into your life.
- **"I am strong and resilient."** - Acknowledgment of your capability to overcome challenges.
- **"Joy is my birthright."** - Embracing happiness as a natural state.
- **"I breathe in calm and breathe out tension."** - A focus on relaxation and release.

By incorporating a closing breath and mantra into your daily routine, you create opportunities for reflection, relaxation, and renewal.

Sample journal entry:

Closing breath and mantra

I am strong and open to new experiences

Journal template section

This section contains templates for journal entries using the tools reviewed in the last section. Use the templates how they best work for you. The recommended practice is to do all of the exercises in the two-page spread for each journaling session, but this is optional. You can skip around and do what resonates with you. You decide on the frequency that works best for you.

As with any skill, regular practice increases the likelihood that you will benefit. It is, however, important to respect your intuition and proceed as it feels best to you.

Know that as you proceed, you may also experience discomfort. Healing is a process where you have to go **THROUGH** things. You have to **FEEL** the discomfort to recognize it, process it and make friends with it and/or let it go.

It is similar to the process of organizing a room in your house. It gets messier before it gets clean. Trust this process and keep going. The knowledge you gain from this experience has the ability to transform your life for the better.

Safety is the first priority. If you feel overwhelmed or unsafe, seek help. Wait for a time that you are more regulated in order to journal. If you are prone to feeling overwhelmed, make a plan before you journal. You could try doing some grounding exercises before you start to help you feel more regulated.

I'm wishing you the best as you dive into the pages ahead.

May you discover increasing joy and peace as you get more in touch with your thoughts and feelings.

Kristin



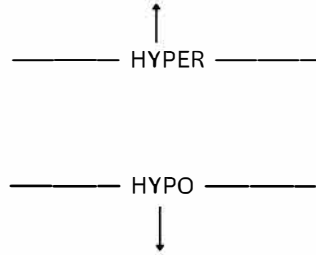
Here
| with
| Kristin

DATE:

Mindfulness Practice

WINDOW OF TOLERANCE CHECK IN

Put an X where you are today and write in any associated symptoms here:



FEELINGS WHEEL CHECK IN

Write in your emotions for today.

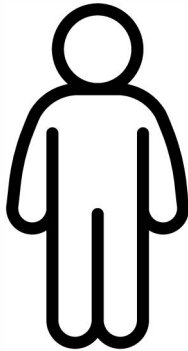
GENERAL EMOTIONS:

SPECIFIC EMOTIONS:

REFLECT:

SOMATIC CHECK IN

Put an X in any areas of your body that need attention, note sensations and make a plan.



SENSATIONS:

FEELINGS:

PLAN:

Thoughts, words, or phrases I'm noticing

DATE:

Mindfulness Practice

A moment I noticed myself grounding today was

A kind thought I can offer myself today is

A gentle action I can take today is

My closing breath and mantra