

Pause Notice Nurture

There is no “right” way to complete this reflection. Pause where you need to, respond honestly, and offer yourself the same compassion you would give someone you love.



Arriving in This Moment - Pause

- Take one slow breath. Notice the support beneath you. Allow yourself to be here without needing to fix or accomplish anything.
- If my current energy had a number, it would be:
Low 1 2 3 4 5 6 7 8 9 10 High
- What has been taking up the most space in my mind lately?

Listening to My Body - Notice

- Where do I notice stress or tension in my body?
 - ☐ Head or jaw ☐ Neck or shoulders ☐ Chest
 - ☐ Stomach ☐ Back ☐ Hands or legs ☐ Somewhere else: _____
- What sensations do I notice?
For example: tight, heavy, restless, numb, warm, shaky, tired, or disconnected.
- If my body could speak, what might it be asking me to notice?

Understanding My Protective Response

➤ When I feel threatened, overwhelmed, rejected, or out of control, I most often:

- ☐ Fight – Become irritable, defensive, angry, critical, or controlling
- ☐ Flight – Worry, avoid, overthink, stay busy, or feel restless
- ☐ Freeze – Shut down, feel numb, experience brain fog, or become stuck
- ☐ Fawn – Please others, avoid conflict, ignore my needs, or abandon boundaries
- ☐ Experience a combination: _____

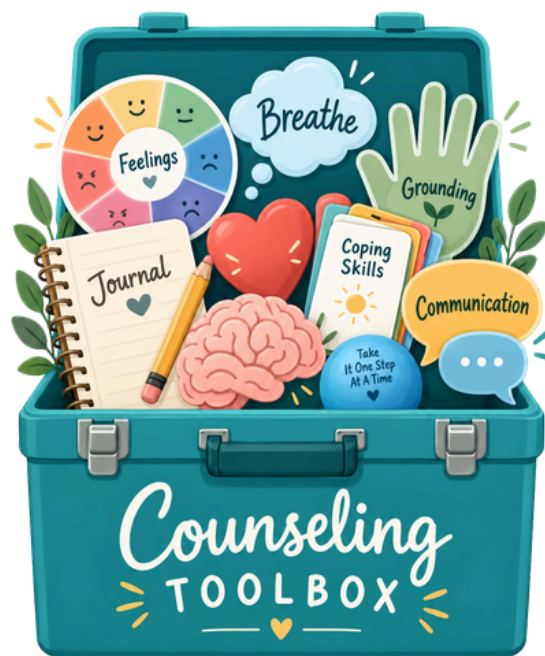
➤ What situations tend to activate this response?

➤ How might this response be trying to protect me?

Beginning My Mental Health Toolbox - Nurture

➤ Circle or check what might feel supportive today:

- ☐ Step outside
- ☐ Take several slow breaths
- ☐ Drink water or eat something nourishing
- ☐ Stretch, walk, or move my body
- ☐ Pray or practice mindfulness
- ☐ Rest without earning it first
- ☐ Put down my phone
- ☐ Set or protect a boundary
- ☐ Write down what I am carrying
- ☐ Create something
- ☐ Talk with someone I trust
- ☐ Ask for professional support
- ☐ Other: _____



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