



# NOISE



# REFUGE AND WELLNESS

A Booklet of Coping Skills and Resources to  
Combat the Noise Within You







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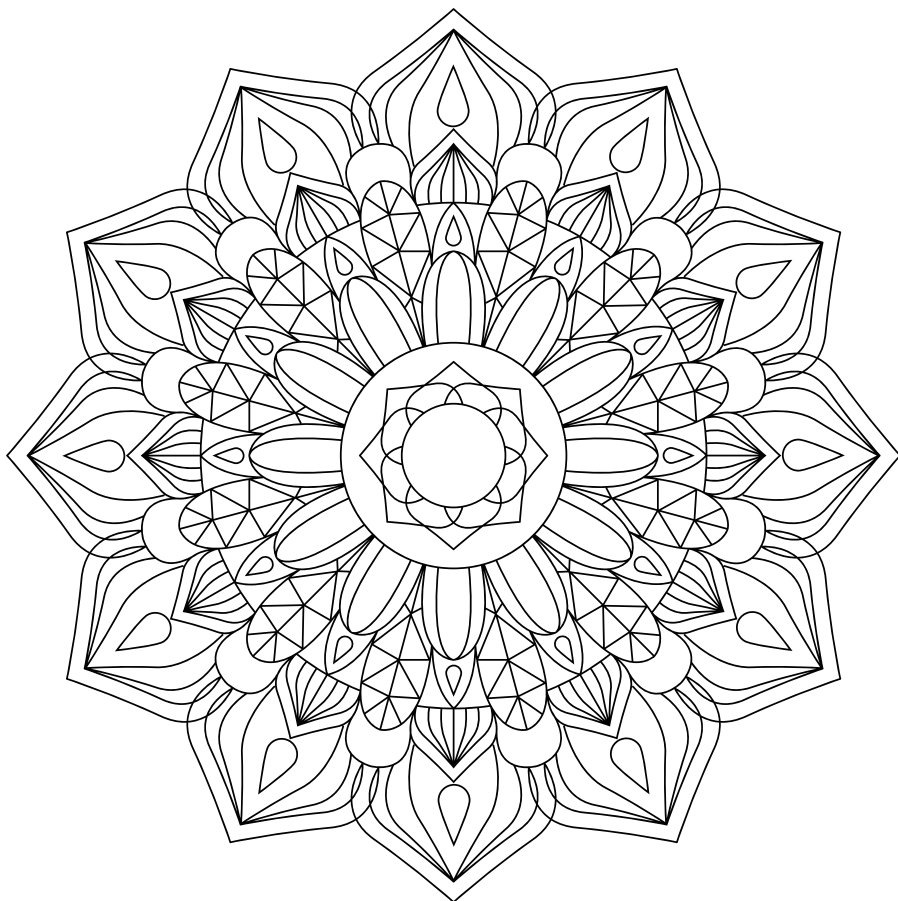
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"MY ABILITY TO CONQUER  
MY CHALLENGES IS  
LIMITLESS; MY POTENTIAL  
TO SUCCEED IS INFINITE"

# About Us

This booklet was created by Community Science Collaborators (CSCs): **Alma Sanchez, Christina Neubauer, Lizeth Pineda Roldan, and Tania Acevedo Garcia**. These CSCs are a part of a larger project named, **The NOISE Project**, through **CLUES** and in collaboration with the **Cornell Lab of Ornithology**. The goal of this nationwide project is to raise awareness and teach our Latinx community and other marginalized communities about noise pollution as we ourselves continue to learn more. One of our main objectives is to understand how noise pollution affects our communities, our ecosystems, and our individual health.

By understanding more about noise pollution, we will be able to create change where noise continues to be disproportionately concentrated and harmful.

**Noise pollution** is when there is excessive or unwanted noise. It affects our daily life even without us realizing the effects that it is having. One way these CSCs spread awareness of noise pollution is through this booklet. With such a busy world we have today, there is so much noise within our minds and bodies. Being able to work through the noise and find calm is important for everyone's well-being.

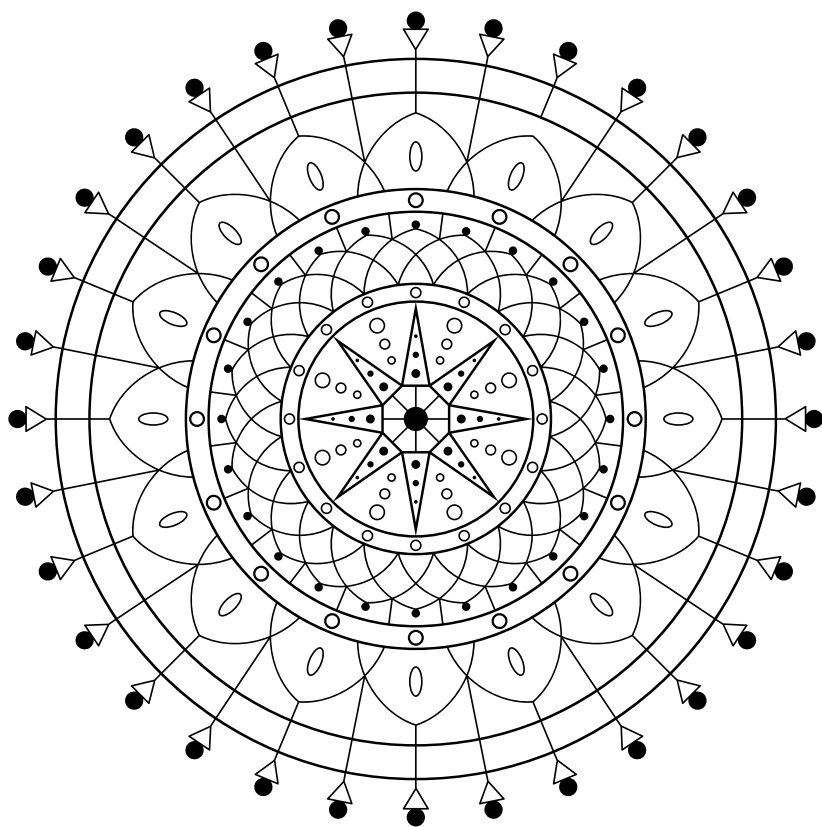


# How To Use This Booklet

This booklet was made to spread awareness of noise pollution, specifically the noise in one's mind and body. Here you will find many coping skills and knowledge about mental health and how to have good mental hygiene. When reading through this book, think about noise pollution and how you can quiet it from within. This book only contains a fraction of coping skills and techniques for mental health. We encourage everyone to continue learning and adding to your own mental health toolbox including speaking to a mental health professional, if desired or needed.

We Hope You Enjoy And Find Value In  
What You Read!

"TODAY IS A BEAUTIFUL  
DAY TO BE MYSELF"



## WHEN TO USE COPING SKILLS

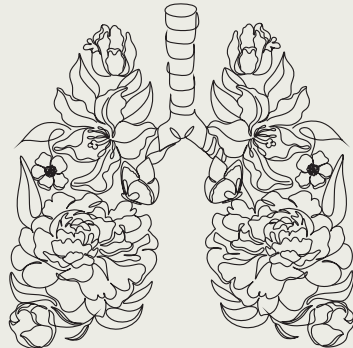
You can use grounding techniques to help ease any feelings of distress in nearly any situation, but they're especially helpful if you're dealing with:

- anxiety
- post-traumatic stress disorder
- dissociation (not able to stay in the present moment)
- traumatic memories/flashbacks
- substance use cravings

## WHEN TO ASK FOR IMMEDIATE HELP

Times to seek immediate professional support include:

- Experiencing thoughts of suicide
- Having urges to harm yourself or others
- Being in danger
- When symptoms of distress are becoming too difficult to manage on your own



## RESOURCES

### **Alcoholics Anonymous**

Web: [aa.org](http://aa.org)

### **CDC National HIV and AIDS Hotline**

Tel: (800) 232-4636

Web: <https://www.cdc.gov/hiv/library/hotlines.html>

### **Childhelp National Child Abuse Hotline**

Tel: (800) 422-4453

Web: <https://childhelphotline.org/>

### **Crisis Text Line**

Messaging: Text HOME to 741741

Web: <https://www.crisistextline.org/>

### **Disaster Distress Helpline Online Peer Support Communities**

Web: <https://strengthafterdisaster.org/peer-support>

### **Disaster Distress Helpline Videophone for American Sign Language Users**

Tel: Use video call 1-800- 985-5990

Web: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

### **Gamblers Anonymous**

Web: <https://www.gamblersanonymous.org/ga/>

### **Nacional de Prevención del Suicidio**

Tel: (888) 628-9454

Web: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

### **National Suicide Prevention Lifeline**

Tel: (800) 273-8255

Web: <https://suicidepreventionlifeline.org/>

## RESOURCES

### **National Suicide Prevention Lifeline (Options for Deaf and Hard of Hearing)**

Tel: (For TTY Users) Use your preferred relay service or dial 711 then 1-800-273-8255

Web: <https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>

### **Narcotics Anonymous**

Web: <https://na.org/>

### **National Domestic Violence Hotline**

Tel: (800) 799-7233

Web: <https://www.thehotline.org/>

### **National Grad Crisis Line**

Tel: (877) 472-3457

Web: <https://gradresources.org/crisis/>

### **National Sexual Assault Hotline**

Tel: (800) 656-4673

Web: <https://www.rainn.org/>

### **Substance Abuse and Mental Health Services Administration National Helpline**

Tel: (800) 662-4357

Web: <https://www.samhsa.gov/find-help/national-helpline>

### **Veterans Crisis Line**

Tel: (800) 273-8255, PRESS 1

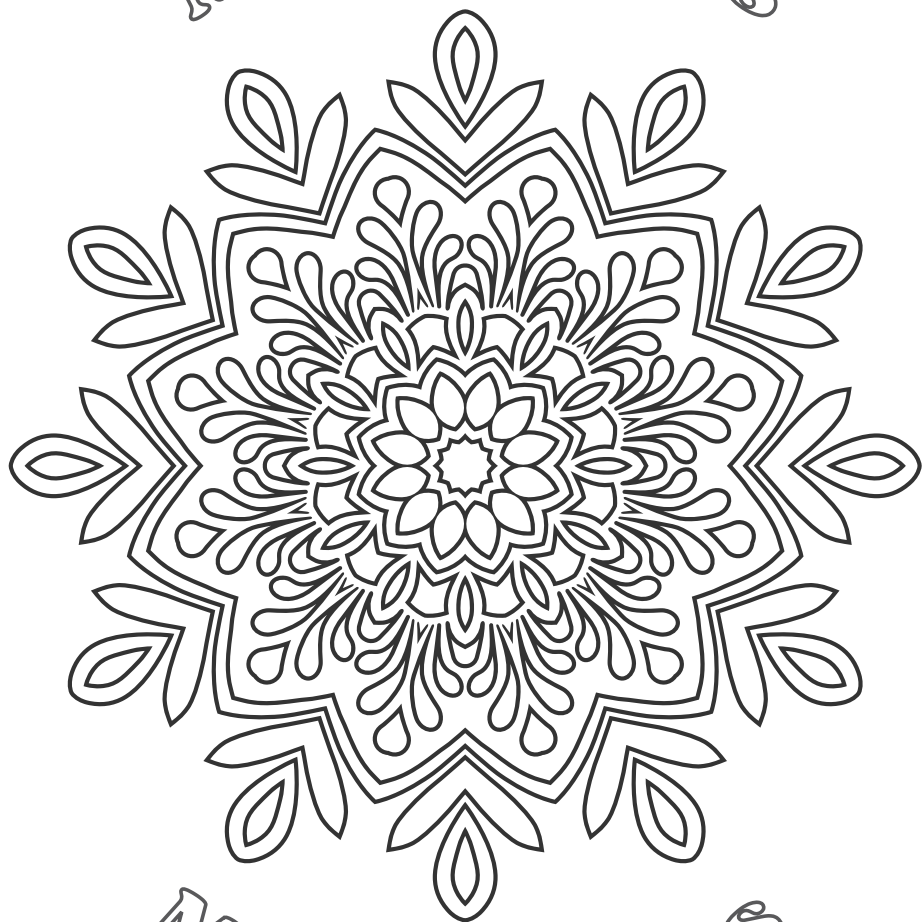
Text: 838255

Chat Online

Web: <https://www.veteranscrisisline.net/>

Info gathered from the American Psychological Association at  
<https://www.apa.org/topics/crisis-hotlines>

Mindfulness



Mindfulness

# **Creating Awareness in The Mind, Body, and Emotions**

## **What is it and why is it important?**

Self-awareness, also known as mindfulness, is the act of being aware of how we feel and react to our inner and outer environment. Practicing self-awareness is an important tool that helps us understand why we feel what we feel and why we behave the way we do. This helps us understand and learn more intimately about our minds, bodies, and emotions on an individual level. Once we begin to understand this concept, we then have the opportunity to help ourselves reach our goals in life.



## **What is another reason self-awareness is helpful?**

Another reason why self-awareness is helpful is because it eases growing pains. Self-awareness is all about comfort zones, and if you're in your comfort zone or not. When you are not, it can be scary, uncomfortable, and possibly annoying. But knowing how you feel and why you feel that way takes away some of the fear and discomfort from the unknown. Knowing yourself is the most valuable key when speaking about mental, physical, and emotional growth and wellness.

## What are some ways I can create and maintain long term self-awareness?

- Dedicated self-reflection time
  - As few as five or ten minutes of reflection time can really feel organizing!
- Keep a journal
  - Complete daily reflective questions and prompts
  - *Self-Reflection Questions (p.16-20)*
- Meditation
  - Practice body scans or other guided meditations
  - *In The Moment Scan (p.19-20)*



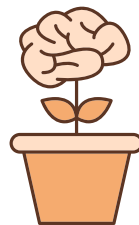
- Record ABCs
  - A- Activating event that triggered your inner dialogue
  - B- Belief you formed after the event
  - C- Consequences, or how your new belief makes you feel

**What if self-awareness/mindfulness techniques are too much right now?  
(e.g. during a panic attack)**

Self-awareness techniques and practices can be overwhelming in moments when you are extremely stressed, tense, or mentally checked out. There are a number of other practices to try that still help in creating awareness but focus more on the noise around you than the noise in your mind and body.

These include:

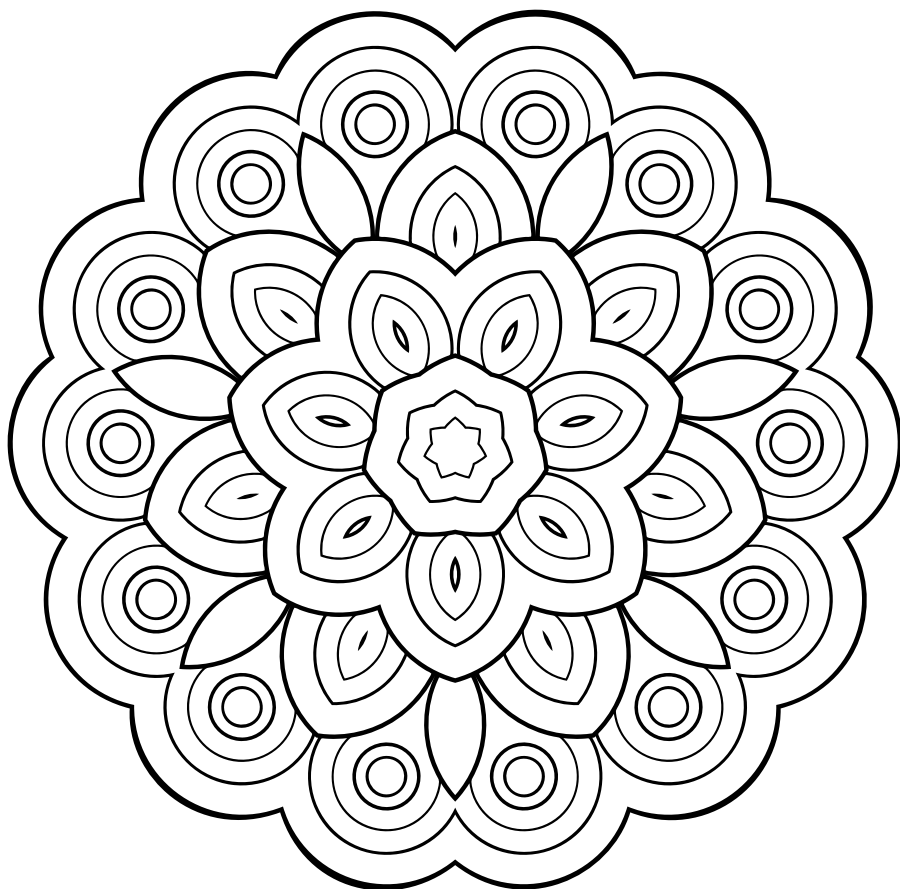
- *5,4,3,2,1 Exercise (p.58)*
- Focused breathing
  - *Meditation (p.39-41)*
  - *Deep Breathing (p.43-45)*
- Rehearsing affirmations
  - “I am safe”
  - “I have what it takes to get through this”
  - *List of Affirmations (p.76-81)*
- *13 ways to stop a panic attack (p.64-65)*
- Lift weights or do cardio
  - Exercise can be great for releasing pent up tension in the mind and body



Creating awareness of your surroundings, as well as in your mind, body, and emotions, is a great way to foster good mental health. Spend some time creating awareness during the small moments in life like while going for a walk or while getting ready for bed. Remember! Any amount of time you take to create awareness, even 5 minutes, is still helpful for your mind and body.



"I AM SELF AWARE"



# SELF-REFLECTION QUESTIONS

Taking time to create awareness within your body, mind, and spirit is a good way to keep in touch with your mental health. Take some time, even 10–15 minutes a day, to check in with yourself to reflect on some of the questions below!

**Remember!** It is normal if certain topics, thoughts, feelings and emotions, etc. begin to feel very big and heavy. When this happens, it is okay, and encouraged, to ask for help from a healthcare professional.



## QUESTIONS TO ALWAYS KEEP IN MIND

- Am I safe right now?
- Am I a danger to myself or others?
- Can I do this on my own?
- If not, who can I reach out to for connection and/or to ask for help?

## OTHER QUESTIONS

- Have I taken a moment to come home to my breath today?
- Am I fighting life or inviting life?
- Is the stress in my life accumulating from a lack of play?
- In what ways am I avoiding my truth?
- What am I holding on to? Would it benefit me to let it go?

## WHEN FEELING DOWN OR ANXIOUS

- Are my fears based in reality?
- What evidence do I have to support my anxious dialogue?
- What is the story I am creating?
- What is the best, worst, and 'most realistic' scenario that is likely to play out?
- What is the root of my anxiety?
- Am I believing I can see into the future?
- Based on the past, how will I end up coping with this? What are some coping skills I can do to get me through the next \_\_\_\_ (ex. few hours, day, etc.)?
- What advice would I give a friend in the same situation?

## IN THE MOMENT SCAN

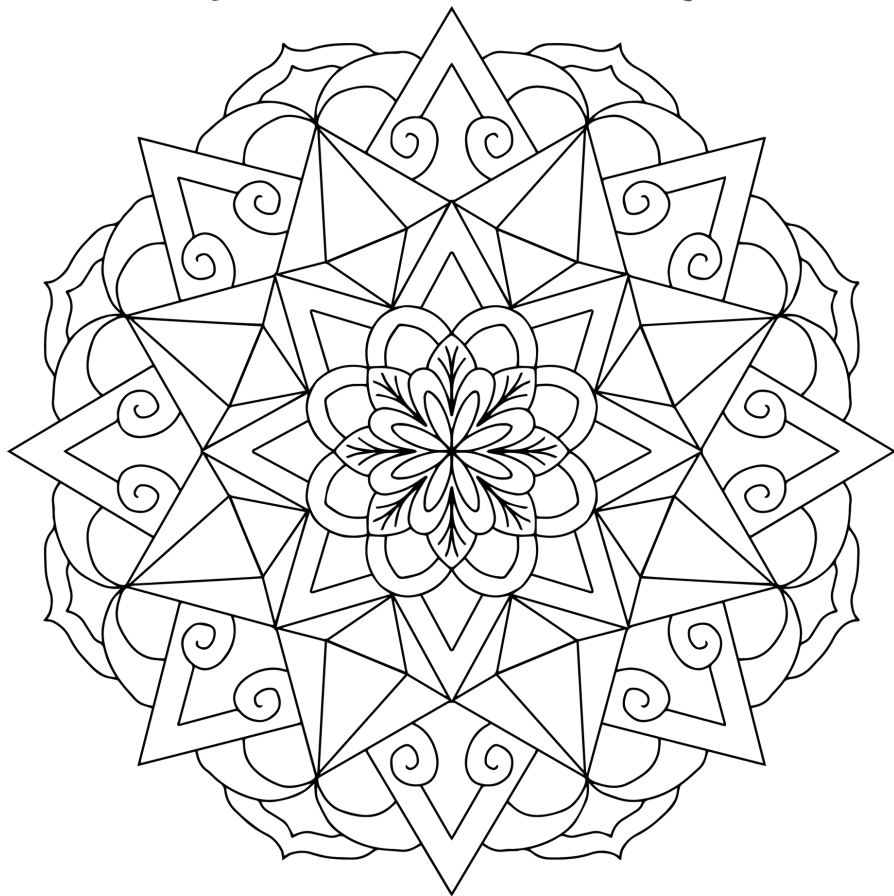
- **How does my mind feel right now?**
  - Do I have racing thoughts?
  - Am I experiencing intrusive thoughts (unwanted, repetitive thoughts that pop into your head without warning and at anytime)?
  - Where is my attention going right now?
- **How does my body feel?**
  - Do I feel tightness, tension, or pain anywhere?
  - Am I restricting my breathing or can I take deep breaths easily?

## IN THE MOMENT SCAN

- Do I feel hot or cold?
- Is my heart racing?
- When I listen to my body, what does it need? A deep breath? Movement? Nourishment? Rest?
- How do I feel emotionally right now?
  - Sad
  - Happy
  - Fearful
  - Angry
  - Suprised
  - Disgusted

If needed, find a longer list of additional feelings and emotions to help name what you are experiencing.

Reflection



Reflection

# Window of Tolerance

**What is the window of tolerance?**

**Window of tolerance** is a term used to describe the zone of arousal in which a person is able to function most effectively. When people are within this zone, they are typically able to readily receive, process, and integrate information.

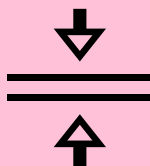


Individuals are able to respond to the demands of everyday life without much difficulty or risking the chance of becoming overwhelmed or withdrawn.

Each individual's window of tolerance is different.

**Some people have a narrow window of tolerance:**

**May often feel as if their emotions are intense and difficult to manage.**



**Some people have a wide  
window of tolerance:**

**May be able to handle intense  
emotions or situations without  
feeling like their ability to  
function has been significantly  
impacted.**

**In the window of tolerance  
=  
Calm, Cool, Collected,  
Connected**



**What happens in the window of tolerance when we have a healthy nervous system?**

When we have a healthy nervous system, we are able to experience the ups and downs of emotions experienced by human beings smoothly.

We may experience hurt, anxiety, pain, and anger that brings us close to the edges of the window of tolerance, but generally, we are able to utilize strategies to keep us within this window.

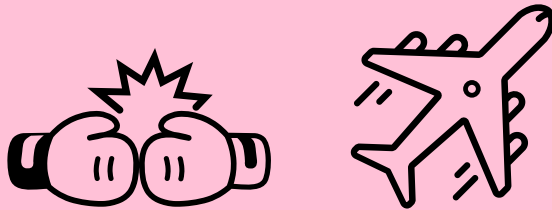
Similarly, we may feel too exhausted, sad, or shut down, but we generally shift out of this.

### **Key Words:**

#### **Sympathetic nervous system**

=

The part of our brain that activates arousal, prepares us for flight or fight



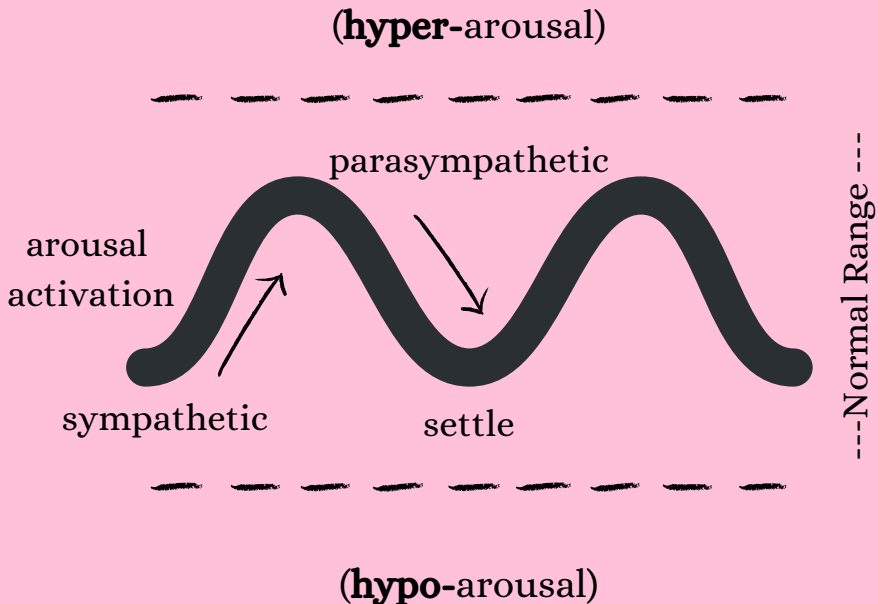


## Parasympathetic nervous system

=



The part of our brain that helps relax and restore the body to a calm and composed state



## **If I'm not in my window of tolerance, where am I?**

During times of extreme stress,  
AKA, when we are out of our  
window of tolerance, we often  
experience periods of either  
hyper- or hypo-arousal.

### **Key Words:**



**Hyper-arousal**



=

Fight/flight response,  
often characterized by  
hypervigilance,  
feelings of anxiety and/or  
panic,  
racing thoughts



## Hypo-arousal

=

freeze response  
may cause feelings of  
emotional numbness,  
emptiness,  
or paralysis

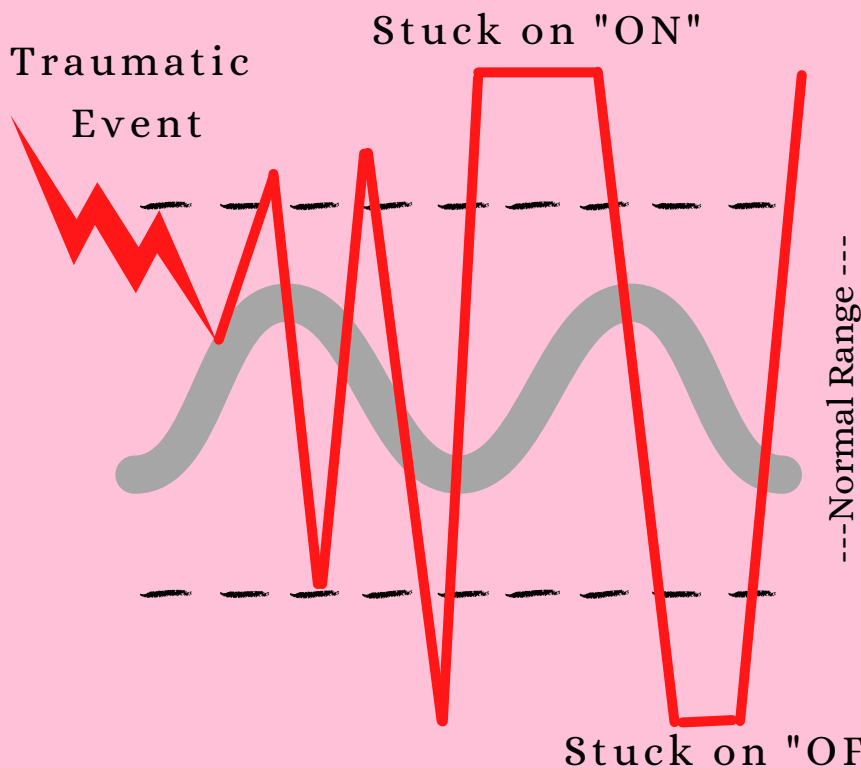


In either of these states, an individual may become unable to process stimuli effectively.

Most people move between these varying states of arousal from time to time. Trauma and extreme stress often make it more likely that a person will become either hyper- or hypo-aroused.

## Symptoms of Un-Discharged Traumatic Stress:

anxiety, panic, hyperactivity, exaggerated  
startle, inability to relax, restlessness,  
hyper-vigilance, digestive problems,  
emotional flooding, chronic pain,  
sleeplessness, hostility, rage



depression, flat affect, lethargy, exhaustion,  
chronic fatigue, disorientation,  
disconnection, dissociation, pain, low blood  
pressure, poor digestion

# How Trauma Can Affect Your Window Of Tolerance

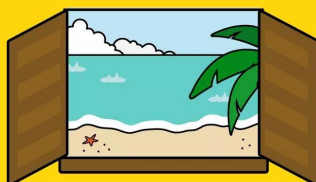
## HYPERAROUSAL

Anxious, Angry, Out of Control, Overwhelmed  
Your body wants to fight or run away.  
It's not something you choose – these reactions just take over.



## WINDOW OF TOLERANCE

When you are in your Window of Tolerance, you feel like you can deal with whatever's happening in your life. You might feel stress or pressure, but it doesn't bother you too much. This is the ideal place to be.



When stress and trauma shrink your window of tolerance, it doesn't take much to throw you off balance.



Working with a practitioner can help expand your window of tolerance so that you are more able to cope with challenges.

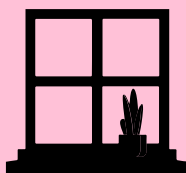


## HYPOAROUSAL

Spacy, Zoned Out, Numb, Frozen  
Your body wants to shut down.  
It's not something you choose – these reactions just take over.

## How do I manage my window of tolerance?

It is possible for individuals who have become dysregulated to use techniques to return to their window of tolerance. In order to do this, we must have a good sense of awareness within ourselves (*Creating Awareness p.9-14*) in order to determine if we are in a state of hyper-arousal, hypo-arousal, or comfortably within our window of tolerance.



There are many coping skills  
that can help get yourself back  
into your window of tolerance.

Check out the following for  
some ideas!

### **When in Hyper-arousal, try...**



Belly Breathing

Journaling

Finger Painting



Calming scents such as  
lavender

Weight lifting

Yoga

Meditation



Weighted blanket



Warm water

Soothing / calming music

## **When in Hypo-arousal, try...**

Fire breathing

Alerting scents such as  
peppermint

Cardio

Spicy or crunchy foods

Go for a walk

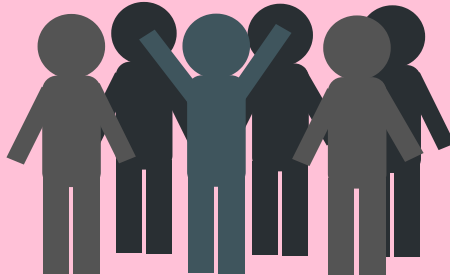
Laugh / watch a funny video

Rocking in a chair

Bouncing on a exercise ball

Cold water / shower



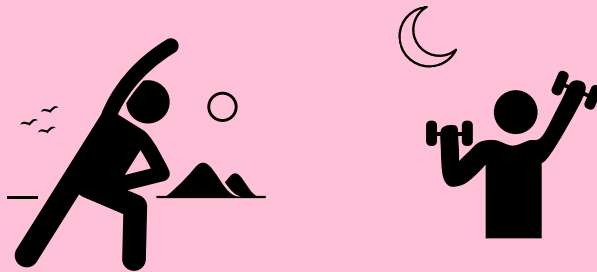


## **Everyone is different!**

When trying to get yourself back into your window of tolerance, it is important to note that everyone is different. Some coping skills might work for some and not for others. Equally as important, some coping skills work better to calm the body for some, while they may alert the body for others.

For example:

Some people use heavy exercise  
in the mornings to help gain  
energy for their day ahead.  
Others may use heavy exercise  
in the evenings to release any  
excess energy they may have  
before going to bed.



## Window of Tolerance

Create and categorize a list of coping skills below that can help you during times of hyper- and hypo-arousal.

To Calm Me Down  
(when in hyper-arousal)

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To Lift Me Up  
(when in hypo-arousal)

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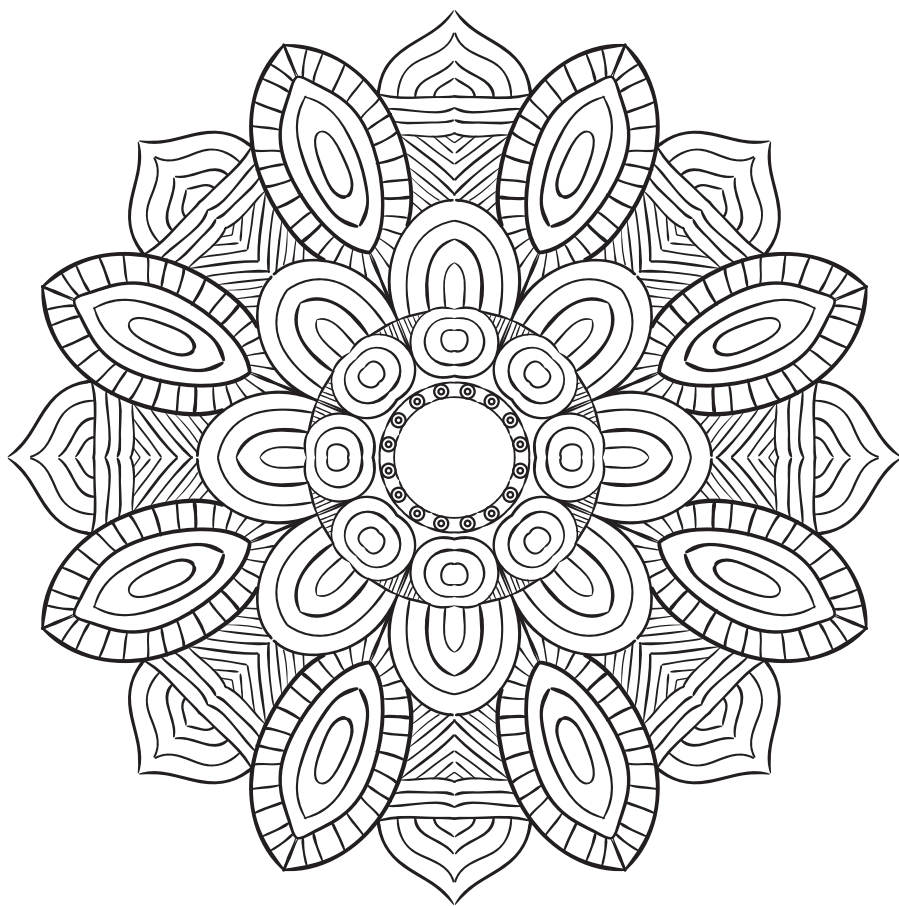
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"I HAVE THE POWER TO  
BE STILL DURING  
MOMENTS OF CHAOS"



# Meditation

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## What is meditation?

We are often running around busy or overwhelmed, which can easily cause us to care less for ourselves. One way we can practice self-care while constantly being busy is through meditation. There is a wide variety of meditation practices that you will learn here. Explore which one is best for you! Meditation allows you to train your mind to focus and redirect your thoughts. You can use it to increase awareness of yourself and your surroundings. It helps reduce stress and develop concentration.

## Benefits:

- Positive mood and outlook
- Self-discipline
- Healthier sleeping patterns
- Increased pain tolerance
- Promotes emotional intelligence
- Enhances self-awareness





# Meditation

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## Meditation Types

- Mindfulness Meditation: Pay close attention to your thoughts as they pass through your mind, don't judge them or become involved, just observe. It can be helpful to focus on an object or your breath while you observe any bodily sensations or thoughts.
- Spiritual Meditation: Similar to prayer, reflect on the silence around you. Look inward to seek a deeper connection with yourself, your values, and what you believe in.
- Focused Meditation: This involves concentrating on any of the five senses. For example, try counting beads, listening to a song, or staring at a candle flame. The goal is to focus on that one object/activity. If your mind wanders, it is important to gently remind yourself to come back to the practice and refocus.
- Movement Meditation: This can include yoga, walking through the woods, gardening, or any other form of gentle movement. It is an active form of meditation that is guided by movement. This is good for people who find peace in action and prefer to let their mind wander.



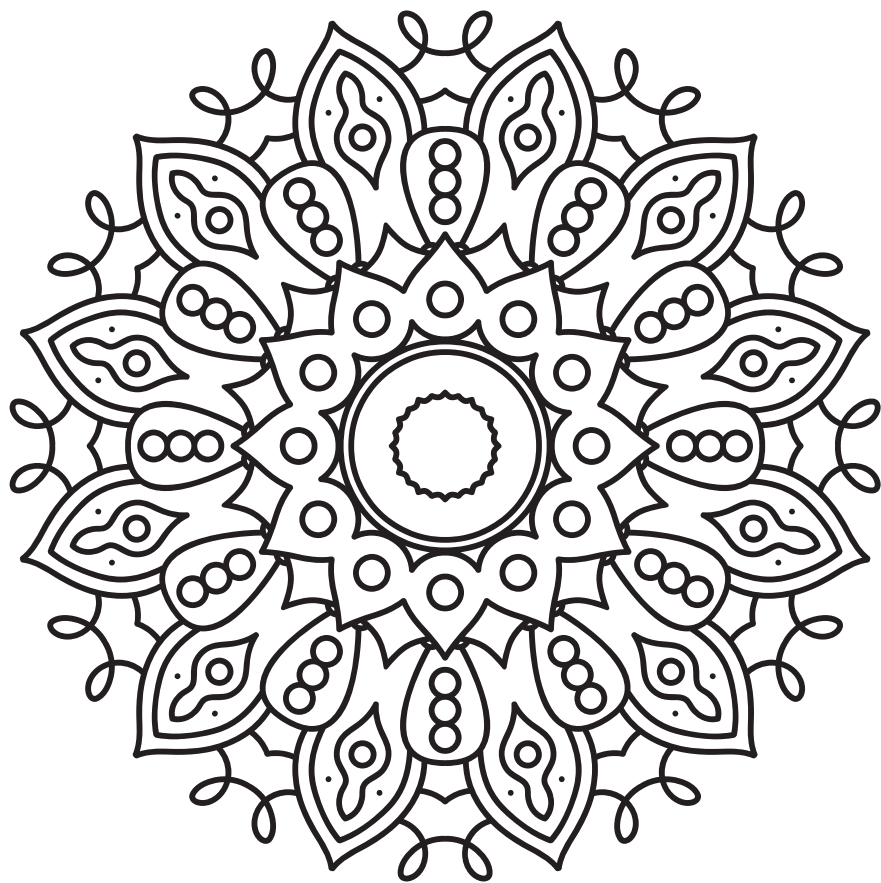
# Meditation

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## Meditation Types

- Mantra Meditation: This consists of using a repetitive sound to clear the mind. It can be a word, phrase, or sound such as, "Om". You can speak it loudly or quietly. After chanting the mantra for some time, you'll be more alert and in tune with your environment. This also allows you to experience deeper levels of awareness.
- Progressive Relaxation Meditation: Also known as a body scan, this meditation is aimed to reduce tension in the body and promote relaxation. It involves slowly tightening and relaxing one muscle group at a time throughout the body. This form of meditation is often used to relieve stress and unwind before bedtime.
- Visualization Meditation: This is a technique that is focused on enhancing feelings of relaxation, peace, and calmness by visualizing positive scenes or images. It is important that you imagine the scene vividly and use all five senses to add as much detail as possible. This type of meditation is used to boost mood, increase focus and motivation, reduce stress levels, and promote inner peace.

"EVERYTHING I NEED,  
I ALREADY HAVE"



# Deep Breathing

## What is deep breathing?

Breathing techniques help to relax tense muscles and to ease stress. They enable more air to flow into your body, and as the supply of oxygen increases to your brain, it activates the nervous system which promotes calmness. Our body is always in alert mode and deep breathing helps us take a minute to check in with ourselves. Once you learn how to take a deep breath, you will be able to use it anytime and anywhere.

## Benefits

- Lower heart rate
- Stabilized blood pressure
- Lower stress
- More positive thinking, concentration, and memory

## Types of Deep Breathing and How To Do Them

These practices, when done regularly, will help retrain your body into taking fuller breaths throughout the day.



## Abdominal Breathing

Sending air towards your navel, letting your abdomen expand and rise

## Thoracic Breathing

Sending air to your ribcage instead of your abdomen, lets your thorax expand and rise freely

## Clavicular Breathing

Repeat the thoracic breathing pattern. When the ribcage is completely expanded, inhale a bit more, allowing air to fill the upper section of your lungs. Exhale slowly, letting your collarbone and shoulders drop down.

## Techniques

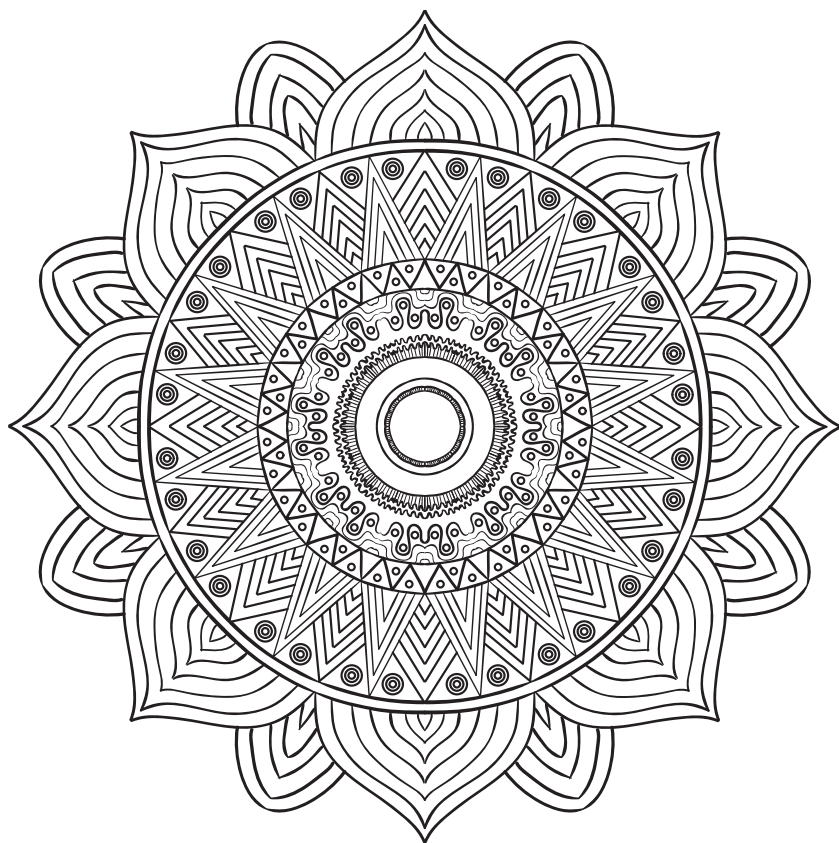
- Triangle Breathing: A type of deep breathing technique with external breath retention. Imagine each breath cycle as a triangle, using a 4:4:4 ratio for inhaling, holding, and exhaling. This is associated with relaxation, decreased metabolic rates, and cognitive inhibition responses.
- Square Breathing\_(Box Breathing): A type of deep breathing exercise with internal and external retention. Imagine each breath cycle as a square, using 1:1:1:1 ratio for inhaling, holding in, exhaling, and holding out. This allows the body to relax and preserve energy, it is useful for muscle fatigue and headaches.



- Belly Breathing: Begin by placing one hand on your upper chest and your other hand on your belly, right below your ribcage. Breathe in slowly through your nose until you feel your belly rise. Exhale slowly and feel your belly fall back into place. Try to keep your chest as steady as possible by directing all the air into your belly. This exercise helps relieve muscle spasms and tension.
- 4-7-8 Breathing: This breathing exercise is known for its ability to act as a natural tranquilizer for the nervous system. Start off by placing the tip of your tongue against the ridge of the tissue behind your upper front teeth for the duration of the exercise. Completely exhale through your mouth making a whoosh sound. Close your mouth and inhale quietly through your nose while counting to four. Hold your breath for 7 seconds and then exhale completely through your mouth making a whoosh sound while counting to 8.
- Lion's Breath: This can help relax muscles in your face and jaw and alleviate stress. Begin by spreading your fingers as wide as possible, inhale through your nose, open your mouth wide, stick out your tongue and stretch down your chin. Exhale forcefully carrying the breath across the root of your tongue. While exhaling make a "ha" sound that comes from deep within your abdomen. Breathe normally for a few moments and repeat.



"I AM BECOMING CLOSER  
TO MY TRUE SELF EVERY  
DAY"



# Nature Bathing Guide





## What is Nature Bathing?

Nature Bathing is a form of meditation to appreciate your surroundings. It originated in Japan and is sometimes called forest bathing or shinrin-yoku. This practice could be as simple as going on a walk in any natural environment and consciously connecting with what is around you.

## What are the benefits?

- increases our state of sensory awareness
- relieves stress
- prevents burnout
- improves mood
- reduces anxiety
- helps find calm





Take a deep breath and  
look at the nature around  
you. Observe things as if  
you are seeing them for the  
first time.

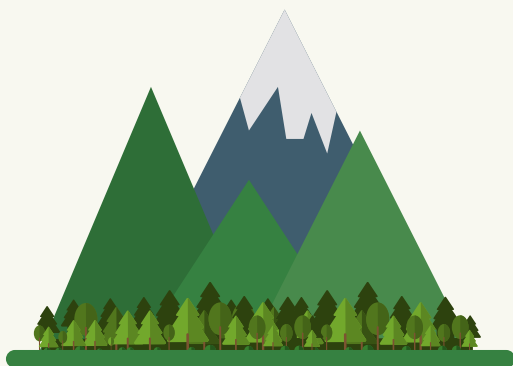
Stand still in nature.



Find things one can see  
but not hear.

Find things one can hear  
but not see.

Listen to the sounds of  
the forest.

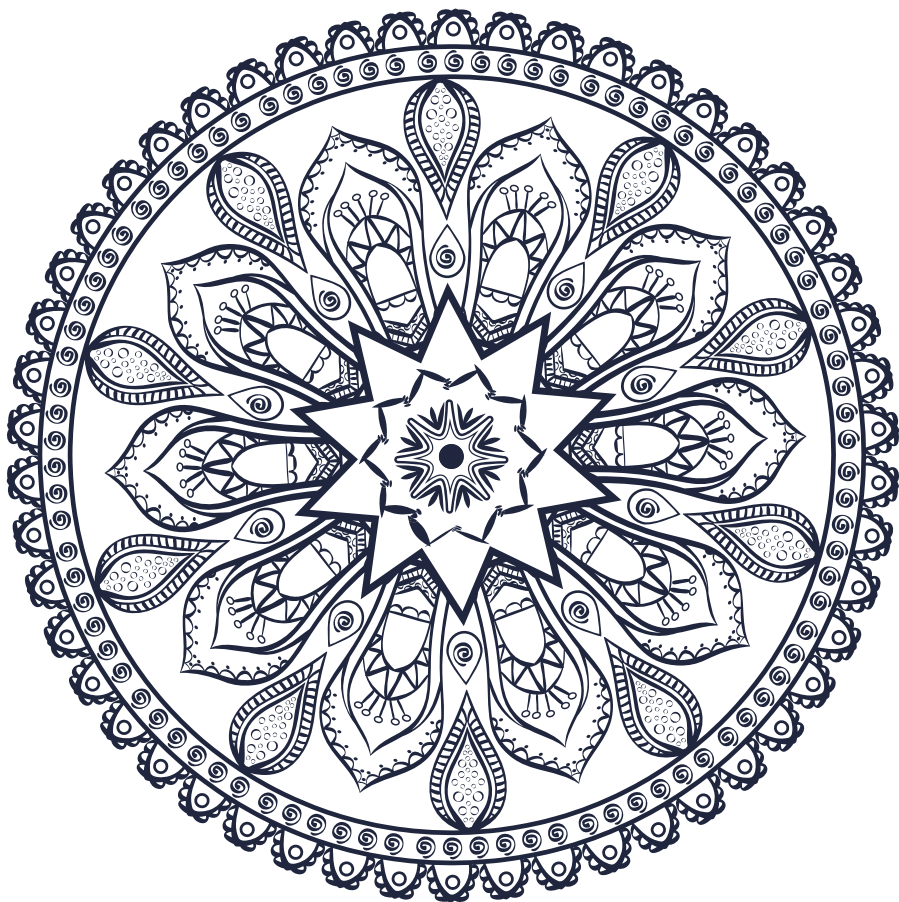


Point out one thing that is  
bringing you calm.

Finally, either standing or  
sitting, take 3 deep breaths.



Make a point to remember the environment with all your senses. By doing this, you can come back to this environment mentally and re-experience the feelings it brought you.



"I CAN SEE, HEAR, AND  
FEEL AS CLEAR AS CAN  
BE"



# 5-4-3-2-1 Grounding Activity

Take a couple minutes today to find a quiet spot outside, perhaps by a lake or a comfortable inside location to relax. We can often get overwhelmed and feel anxious with our everyday lives, whether that consists of work, school, etc. Follow the guide through this technique to help you refocus on the present moment and help you realize you are in control.

Grounding exercises are simple techniques where you will focus on noticing the small details that your mind tends to tune out. In this exercise, you will purposefully pay close attention to your surroundings using each of your senses.



## Step 1:

- What are FIVE things you see around you?
- If you are outside, this could be the different leaves on trees
- If you are inside, find an object you never noticed

## Step 2:

- What are FOUR things you can feel?
- Pay attention to your body
- Ex. I can feel the breeze through my hair, or, I feel the pillow I am sitting on

## Step 3:

- What are THREE things you can hear?
- Pay special attention to the sounds your mind has tuned out
- Ex. trees blowing in the wind, a ticking clock, etc.



## Step 4:

- What are TWO things you can smell?
- Try to notice smells in nature
- You could also pay attention to the things around you that have a scent

## Step 5:

- What is ONE thing you can taste?
- If you can't taste anything, then think of your favorite thing to taste

## Reflection:

With your notebook, write or draw what it felt like to slow your mind and body and focus on the present moment. What were the senses or sounds that brought you peace?



Happiness

Happiness



# Steps To Feeling Better



Let's say you get home from school or work and you realize you're not feeling so good. You are not sure exactly what it is, but simply, you don't feel good. What are some steps you can take to help yourself feel better?

## STEP 1 GATHER INFORMATION ABOUT YOURSELF



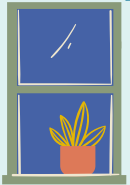
Do a self check-in / body scan.  
How does my body feel?  
How does my mind feel?  
How do my emotions feel?  
(In *The Moment Scan* p.20)

## "I HAVE GATHERED THAT..."

- My body feels tense and restless.
- My mind is experiencing racing thoughts and negative self-talk.
- I feel trapped and anxious.



## STEP 2 DECIDE WHERE YOU ARE IN RELATION TO YOUR WINDOW OF TOLERANCE



Are you still in your window of tolerance but very close to the edges?  
Are you in a state of hyper-/hypo-arousal?

## "I FEEL AS IF I AM IN A STATE OF..."

- Hyper-arousal
- Hypo-arousal
- My window of tolerance



## STEP 3 DECIDE WHERE YOU WANT TO BE OR HOW YOU WANT TO FEEL INSTEAD



Create a realistic goal.  
Start small.

Be sure to focus on how you want to feel, not what you don't want to feel. \*

## "I'VE DECIDED I WANT TO FEEL / EXPERIENCE..."

- I want to feel physically more relaxed.
- I want to experience calm thoughts at a comfortable pace and have positive self-talk.
- I want to feel more calm and hopeful.



\* Although sometimes it can help, and may be easier, to first note what you don't want to feel or be experiencing in order to get it out of the way. After this step, you are able to use that information to determine what you do want and can spend your time focusing on that.



# Steps To Feeling Better



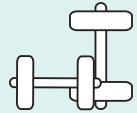
## STEP 4 BRAINSTORM COPING SKILLS THAT CAN HELP YOU REACH THESE GOALS

Think about coping skills that are commonly used to help lift people up or calm people down during times of hyper- or hypo-arousal. Think about your symptoms and how you can combat them specifically.



## "A FEW COPING SKILLS THAT COULD HELP ME DURING THIS TIME ARE..."

- Physically moving my body to release excess tension
- Lifting weights
- Following a guided meditation for a breathing exercise
- Taking a hot shower to relax tense muscles
- Journaling about my thoughts
- Painting/drawing how I feel / how I want to feel
- Repeat an affirmation 10 times



## STEP 5 CHOOSE AND PRACTICE THE COPING SKILL(S)

Before getting started, set 2 goals for time. Set a goal for how long (or how many times) you want to do the coping skill. Set a goal for how long (or how many times) you want to try the coping skill before trying something else.



## "THE COPING SKILL(S) I WILL TRY TODAY IS..."

- I will lift a heavy object (with caution) and do 20 bicep curls on each arm.
- I will take a minimum of 10 minutes to journal about what it is I'm feeling and why. If it feels good to continue, I will do this for a total of 20 minutes.
- I will then take a hot shower for 10 minutes.





# Steps To Feeling Better



## STEP 6 DO A QUICK REFLECTION OF YOUR EXPERIENCE

Ask and answer questions similar to the following:

Did the coping skill(s) help?

How do I feel after doing it?

Would I try this coping skill again?

Would I use it again in the same way?

Is there any information I should keep in mind that could help me next time?



## "AFTER TRYING THESE COPING SKILLS..."

- I feel better than before but still not quite where I want to be.
- I feel more physically relaxed although I'm still experiencing negative self-talk.
- Next time, instead of journaling for 20 minutes I will only journal for 10, then use the additional 10 minutes to focus on affirmations.



Keep in mind that you may not want to do the coping skill(s). Remind yourself about your goal and how this step can help you reach it.

It is important to note that working towards feeling better takes time: time to process feelings and emotions, time to practice coping skills to make consistent habits, and time to utilize the tools and resources needed to make it all happen. These tools and resources may include coping skills you have found that best support you as an individual, or you may want to speak with a medical professional, a therapist/counselor, or a support group.

Remember! Coping skills will not make all your yucky feelings or problems disappear instantly, but they will help make them smaller and more manageable as you get through them! Keep at it!



"MY OBSTACLES ARE  
MOVING OUT OF MY WAY;  
MY PATH IS CARVED  
TOWARDS GREATNESS"



# 13 Ways To Stop A Panic Attack

Panic attacks can be sudden and overpowering. Knowing what to do when they arise can reduce their severity or help stop them. Panic attacks can create various physical and emotional symptoms.



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## Physical Symptoms

- Sweating
- Rapid breathing
- A racing heartbeat
- Quick movements  
or
- Frozen body

## Emotional Symptoms

- Feelings of fear and anxiety
- Intense, repetitive worrying  
(intrusive thoughts)
- A feeling of impending doom



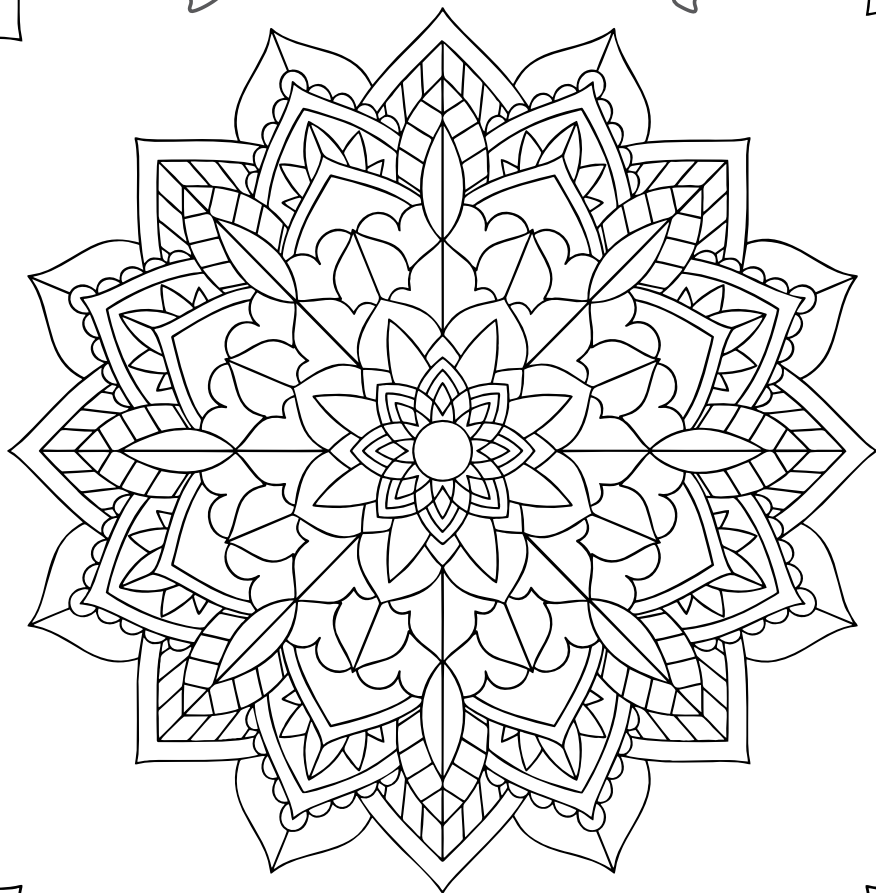
## Regain control and reduce symptoms during a panic attack.

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1. Remember that it will pass
2. Take deep breaths (p.43-45)
3. Smell calming scents (p.67-68)
4. Find a peaceful spot (p.51-56)
5. Focus on an object (p.40)
6. The 5-4-3-2-1 exercise (p.58)
7. Repeat an affirmation (p.76-81)
8. Walk or do some light exercise
9. Try muscle relaxation techniques (p.41)
10. Picture a happy place (p.41)
  11. Drink a relaxing tea and/or take your prescribed medication (if given any)
12. Tell someone (p.6-7)
13. Learn what triggers you (p.9-14)

\*If a panic attack is becoming too difficult to manage, please ask for assistance or seek help from a healthcare professional.

Relaxation



Relaxation

# Aromatherapy



## What is it?

Aromatherapy is a holistic healing treatment that uses natural plant extracts (essential oils) to promote health and wellbeing. It is a hands-on therapy that uses our sense of smell to induce relaxation and give energy. By using aromatic essential oils, it improves the health of the mind and spirit, enhancing both physical and emotional health.

## How does it work?

Aromatherapy activates areas in your nose, called smell receptors, which send messages through your nervous system and into your brain. The oils can activate certain areas of your brain, like your limbic system, which plays a role in your emotions.



# Aromatherapy

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## What scents?

There are scents that can help with different feelings and emotions, and in different situations. Take the time to identify the scents that help calm you down and the scents that help lift you up. Continue to have them present and allow them to contribute to your holistic healing.

## Smell Sensations to Calm and Alert

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### To Calm

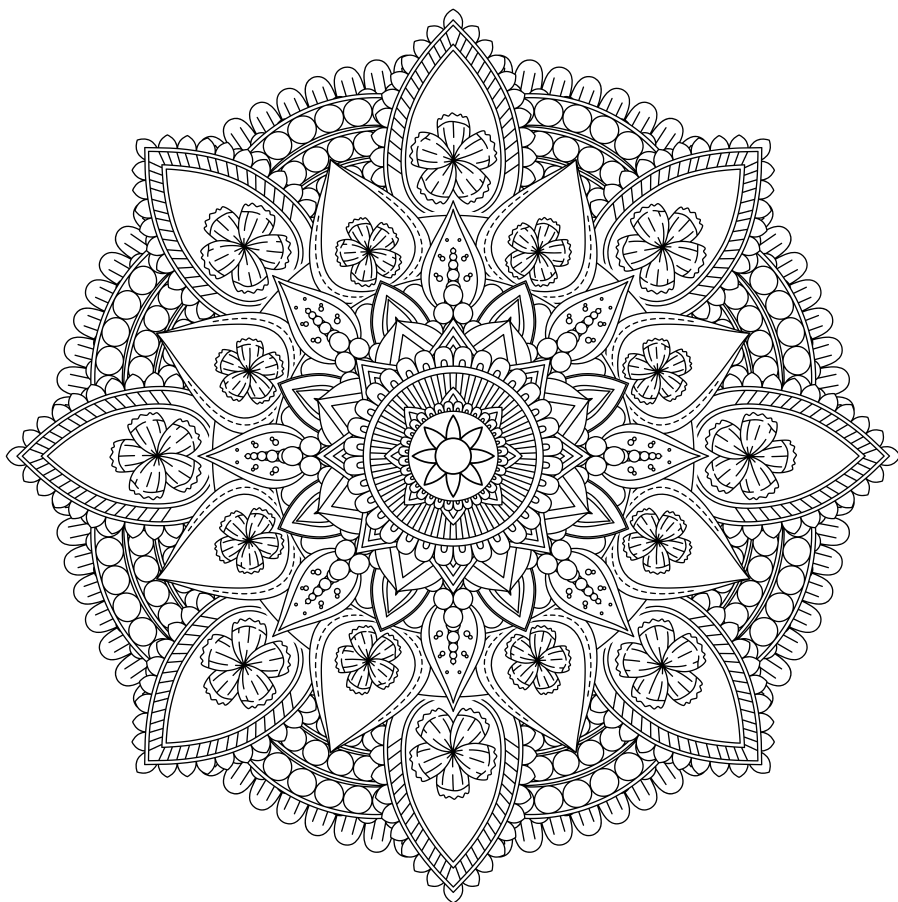
- lavender
- clary sage
- rose
- chamomile

### To Alert

- lemon
- orange
- frankincense
- peppermint

These scents can be found as essential oils to be used in a diffuser or added to any carrier oil and put onto the skin. They can also be found in body oils, lotions, bath salts, and candles.

"MY THOUGHTS ARE  
FILLED WITH POSITIVITY  
AND MY LIFE IS  
PLENTIFUL WITH  
PROSPERITY"





# Why Affirmations?

## What are affirmations?

Affirmations are positive phrases or statements used to challenge negative, unhelpful, or limiting thoughts and beliefs.

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Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself.

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## Why use affirmations?

You may choose to use positive affirmations to motivate yourself, encourage positive changes in your life, or boost your self-esteem. If you frequently find yourself getting caught up in negative self-talk, positive affirmations can be used to combat these often subconscious patterns and replace them with more accurate and helpful narratives.



# Why Affirmations?

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How do I use affirmations to stop limiting beliefs?

For example,

Instead of saying:

"I'm lazy."

"I could never do that."

"I'm not smart."

"I don't matter."



One way to use affirmations is to help fight against limiting beliefs/narratives about yourself. These beliefs could be conscious, but are oftentimes subconscious, where you may not know you are holding these ideas.

Try

"I give myself permission to rest when I need to without judgment."  
"It's something I could do if I wanted to."

"Every person is knowledgeable in different ways."

"My perspective and experience hold value."

# List of Affirmations

I give myself permission to do what is right for me.

What I love about myself is my ability to [fill in the blank].

I make a difference in the world by simply existing in it.

I listen to my intuition and trust my inner guide.

I forgive those who have harmed me in my past and peacefully detach from them.

I am becoming closer to my true self every day.

Today, I abandon my old habits and take up new, more positive ones.

Everything that is happening now is happening for my ultimate good.

Though these times are difficult, they are only a short phase of life.

I radiate beauty, charm, and grace.

My nature is Divine; I am a spiritual being.

My fears of tomorrow are simply melting away.

My life is just beginning.



## Is there science behind affirmations?



1. Self-affirmations have been used effectively in interventions that led people to increase their physical behavior (Cooke et al., 2014)
2. Self-affirmations have been shown to decrease health-deteriorating stress (Sherman et al., 2009; Critcher & Dunning, 2015)
3. They may help us to perceive otherwise “threatening” messages with less resistance, including interventions (Logel & Cohen, 2012)
4. They can make us less likely to dismiss harmful health messages, responding instead with the intention to change for the better (Harris et al., 2007) and to eat more fruits and vegetables (Epton & Harris, 2008)
5. They have been linked positively to academic achievement by mitigating GPA decline in students who feel left out at college (Layous et al., 2017)



☀️ A note to keep in mind: ☀️



Affirmations can feel hard to believe sometimes. That's okay and is expected. This is why practice matters and why it's good to have trusted people you can talk to about why it's hard for you to believe these positive affirmations.

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What's a self-limiting belief that you hold  
and  
how can you transform it into something that  
builds you up instead of tears you down?



A self-limiting belief or negative thought I hold  
about myself is...

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Instead of this statement, I can say...

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# List of 60

## Affirmations

1. I create a safe and secure space for myself wherever I am.
2. I give myself permission to do what is right for me.
3. I am confident in my ability to...
4. I use my time and talents to help others...
5. What I love about myself is my ability to...
6. I feel proud of myself when I...
7. I give myself space to grow and learn.
8. I allow myself to be who I am without judgment.
9. I listen to my intuition and trust my inner guide.
10. I accept my emotions and let them serve their purpose.
11. My life is just beginning.
12. I give myself the care and attention that I deserve.

# List of 60

## Affirmations

13. My drive and ambition allow me to achieve my goals.
14. I share my talents with the world by...
15. I am good at helping others to...
16. I am always headed in the right direction.
17. I trust that I am on the right path.
18. I am creatively inspired by the world around me.
19. My mind is full of brilliant ideas.
20. I put my energy into things that matter to me.
21. I trust myself to make the right decision.
22. I am becoming closer to my true self every day.
23. I am grateful to have people in my life who...
24. I am learning valuable lessons from myself every day.
25. I am at peace with who I am as a person.

# List of 60

## Affirmations

26. I make a difference in the world by simply existing in it.

27. I am the architect of my life; I build its foundation and choose its contents.

28. Today, I am brimming with energy and overflowing with joy.

29. My body is healthy; my mind is brilliant; my soul is tranquil.

30. I am superior to negative thoughts and low actions.

31. I have been given endless talents which I utilize everyday.

32. I forgive those who have harmed me in my past and peacefully detach from them.

33. A river of compassion washes away my anger and replaces it with love.

34. I am guided in my every step by Spirit who leads me towards what I must know and do.

# List of 60

## Affirmations

35. (If married) My marriage is becoming stronger, deeper, and more stable each day.

36. I possess the qualities needed to be extremely successful.

37. (For business owners) My business is growing, expanding, and thriving.

38. Creative energy surges through me and leads me to new and brilliant ideas.

39. Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.

40. My ability to conquer my challenges is limitless; my potential to succeed is infinite.

41. (For those who are unemployed) I deserve to be employed and paid well for my time, efforts, and ideas. Each day, I am closer to finding the perfect job for me.

# List of 60

## Affirmations

42. I am courageous and I stand up for myself.

43. My thoughts are filled with positivity and my life is plentiful with prosperity.

44. Today, I abandon my old habits and take up new, more positive ones.

45. Many people look up to me and recognize my worth; I am admired.

46. I am blessed with an incredible family and wonderful friends.

47. I acknowledge my own self-worth; my confidence is soaring.

48. Everything that is happening now is happening for my ultimate good.

49. I am a powerhouse; I am indestructible.

50. Though these times are difficult, they are only a short phase of life.

51. My future is an ideal projection of what I envision now.

# List of 60

## Affirmations

52. My efforts are being supported by the universe; my dreams manifest into reality before my eyes.
53. (For those who are single) The perfect partner for me is coming into my life sooner than I expect.
54. I radiate beauty, charm, and grace.
55. I am conquering my illness; I am defeating it steadily each day.
56. My obstacles are moving out of my way; my path is carved towards greatness.
57. I wake up today with strength in my heart and clarity in my mind.
58. My fears of tomorrow are simply melting away.
59. I am at peace with all that has happened, is happening, and will happen.
60. My nature is Divine; I am a spiritual being.



creativity

Creativity

# Creating Healthy Habits

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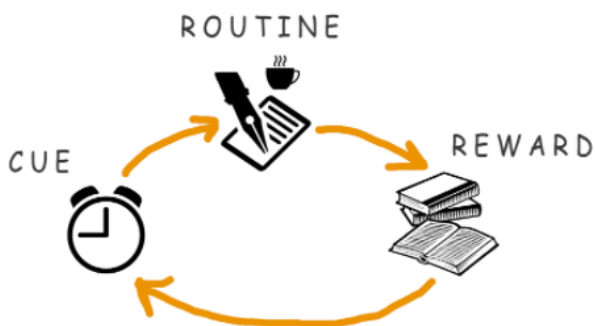
## Why is this important?

Creating and maintaining healthy habits is essential for our health. It helps us strive to grow every day. It can be a difficult process to create and maintain healthy habits, but with the support of others, it is possible and worth it. Don't give up! Keep pushing to create the habits that will benefit you in the long run.

## How can someone create healthy habits?

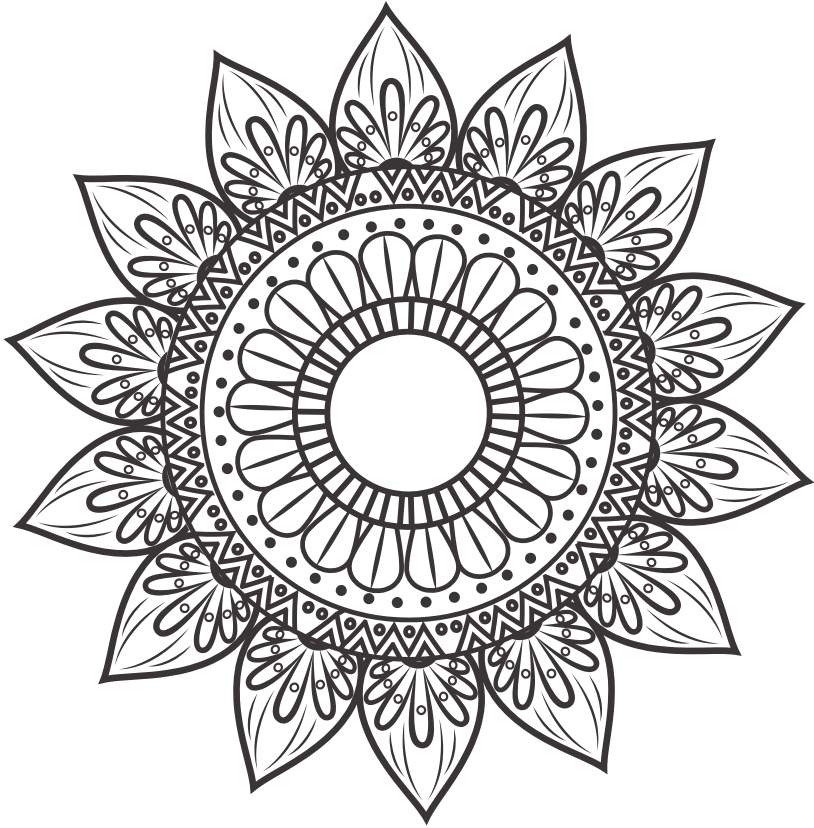
- Begin small, don't try to make drastic changes immediately.
- Start with one habit at a time and try not to tackle more than that one.
- Make sure you have made a goal with clear intentions and purpose for why you want to create the habit.
- Design an environment that will support you.

- Begin to set a routine and follow it as closely as you can while still being gentle, kind, and patient with yourself.
- Be sure to reward yourself when you have accomplished a step towards creating the habit, even if it's small!



### Examples of healthy habits

- Having a consistent sleep schedule.  
Set a time for when you want to be in bed.
- Taking a moment each day to do a self-care activity.
- Eating healthy meals.  
Start with one or two healthy meals a week.
- Having a physical activity routine.  
Begin with going for a walk.
- Limiting screen time.  
Try using an app to monitor screen time.



"I CHOSE TO BE IN  
SPACES THAT SUPPORT  
MY BEST SELF"

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## NOTES

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

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The **Cornell** Lab  of Ornithology  
**Celebrate Urban Birds**



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