

Rooting
for
you..



and your heart

REMEMBER TO CARE & HAVE COMPASSION FOR YOURSELF

TIME: Dedicate space for yourself for the next 24-72 hours. Can you call off work or school? If you are a caregiver, can someone else help provide the care so you can rest? Use this time to put your energy towards caring for yourself.

LOCATION: Set up your space to be warm & safe. You can listen to music (scan QR code for a suggested playlist), light incense or candles, and curl up in bed/or the couch.

ASK FOR HELP: Is there someone who can help care for you? Massage your back? Provide you nourishment? Do you have a warm pack that you can place on your belly? A warm shower can feel relaxing.

NOURISHMENT: Warm drinks (like herbal teas) and food (like soups) can be soothing.

FEELINGS: Any feelings that come up as part of this process are valid. You may feel joyful, sad, angry, or nothing at all. No matter what you feel, you might find it helpful to care for your body.

PRACTICE MINDFULNESS: Take breaks throughout the day to be present. The practice of pausing, breathing, and just being is essential to our well-being and mental health. This can help reduce stress, worry less, and enhance feelings of resiliency.

BREATH: Your breath is your power and the instrument of your healing.

Music Playlist



The QR code will direct you to Spotify. If you do not have a Spotify subscription, Spotify will play ads throughout the playlist.

about the artist
<https://linktr.ee/priyakhanda>



RAIN Meditation

