



## A PEACEFUL PATH

As you finish your sessions, it is important to remember the qualities you have developed and strengthened within yourself.

These are part of who you are – always available to you:

### STRENGTHS

- **Resilience** – your ability to keep moving forward, even when life is challenging.
- **Curiosity & Openness** – experiencing new people, places and situations.
- **Self-awareness** – noticing your thoughts, feelings + energy levels and supporting yourself.
- **Confidence** – trusting your own abilities and values.
- **Adaptability** – adjusting to change in new situations.
- **Determination** – setting and following through on your goals.
- **Resilience** – your experience of life's ups and downs and moving forward
- **Commitment for growth** – being here in this moment, right now, reading this.
- **Courage and Independence** – choosing where you go and what you do next .. and then embarking on that path ... one small step at a time

Alongside your strengths, you now have practical tools you can use whenever you need to feel calm, steady, and in control:

### RESOURCES

- **Anchor technique** – holding your fingers together to instantly reconnect with calm and confidence.
- **Donkey** – name your Primitive Brain and talk to it.
- **Layered breath reset** – breathe in for four, take a second sip of air as your shoulders go back, then breathe out slowly... restoring balance and calm.
- **Visualisation** – returning in your mind to safe, positive places whenever you need grounding – recalling successes and positive experiences to fuel your confidence.
- **Perspective shift** – stepping back, observing rather than reacting, taking a breath and choosing your best response.
- **Routine & structure** – morning and evening routine, using healthy habits to give you stability and focus.
- **Support network** – remembering the people who encourage and support you, sharing space with those people on a regular basis.
- **Parts** – visualise where you feel your anxiety, give it a colour and sit with it. Give the rest of your body a different colour and sit with the colours together. When you are ready let the colours gently blend together and take a breath.
- **Core Needs** – sleep, hydration, nutrition, actions, interaction and thoughts
- **Core Values** – list your core values, scale them. What small thing can you do to move the scale 1 point up
- **Circles of Control** – which circle does your thought sit in, how does it make you feel, how are you going to show up to it?
- **Meditation** – starts the process of emptying your stress bucket putting you in your Intellectual Mind where you are rational and positive.
- **Power Pose Anchor** – stand tall, shoulders back, head lifted and layered breathing.