



## FAN as a Grounding Tool in Uncertain Times

### Resource #2: Mindful Self-Regulation

- **Mindful Self-Regulation (MSR) helps you gently catch yourself *in the moment* when you feel out of balance and use strategies to feel calmer and see more clearly.**
  - You can use MSR anytime. It's your superpower.
- **Self-awareness is key. Reading your own cues is a place to start.**
  - Don't be surprised if you are reacting more intensely. You may feel:
  - More revved up: hard to sit through zoom meetings, feeling impatient when people are talking, can't stop watching news, feeling jittery, judgmental
  - More slowed down: forgetting important things, hard to start day even if you are a morning person, not "getting much done," feel sad or grieving
- **MSR is truly personal. What works is what helps you feel calmer and more aware.**
  - Common strategies are deep breaths, encouraging self-talk, soothing imagery.
  - Grounding may be especially helpful now with so much changing. Take a walk and feel each footstep, stand tall and ground your feet, put on music and dance; alert your senses: bring something in from nature, a new leaf reminding you of growth or use those gift soaps that you have been collecting.
- **All you are doing right now requires extra energy. You may feel more tired or on edge.**
  - You are a co-regulator. Everyday tasks are more demanding: supervising stressed staff, supporting worried parents, working from home with children to care for.
  - Replenish yourself with small things that bring pleasure, rest or new perspective. Your favorite guilty pleasure can play a role and best if done with intention!
  - Reach out to your co-regulators who calm, uplift, exercise or laugh with you.
- **Embrace self-compassion, especially when things are hard for you.**
  - We all will have moments when our protective bubble bursts: when we feel fear or when the anxiety of someone close to us seems overwhelming. These are times to be kind toward our self like a compassionate friend would be.
  - Kristen Neff's steps for self-compassion can help (Self-compassion.org):
    - *Acknowledge that this is a stressful moment:* "This is scary." Self-compassion is good will toward us not good feelings.
    - *Recognize our common humanity and that suffering is part of life:* "There is so much that is unknown for all of us. I don't like this. Nobody does."
    - *Be kind to yourself* using gentle, encouraging words: "May I be patient."

**Hold these ideas lightly in your mind.**

**We've never done this before.**

**Be gentle with yourself.**