

PSVA COVID19 Resource Page

<https://www.postpartumva.org/resourcesduringcovid19/>

Grounding

Grounding is the practice of engaging with the physical body in the here-and-now. Can be done anytime, anywhere.

1. With eyes open or closed find yourself where you are
2. Feel the weight of your feet on the ground/seat on the chair
3. Place hands on legs or heart/center
4. Take 3 deep and full rounds of breath
5. Bring yourself back into the room

FACE COVID

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Deep Breathing

1. Belly Breathing
2. 4-7-8

Worry Cycle

1. Write steps 1-4
2. Try, as best you can, to track your anxiety or worries, the behaviors that follow, and the results
3. Be curious and kind

60 Second Break

1. Notice a difficult or overwhelming emotion rise up
2. Pause
3. Wait to act on the the emotion
4. Stay present by: try to label the emotion, notice body sensations, count your breath
5. Choose: Do what the emotion is asking or redirect

Reframing Anxiety as a Helper

1. When you notice feelings of anxiety, remember there to help.
2. Tell yourself those feelings are a friend, not an enemy.
3. Silently thank your worries for helping to keep you safe.

Identifying Control

1. Start by choosing your prompt: can't control/can control, leaving/taking, or whatever fits best for you.

2. Draw a quick circle in the center of your page and write “Can Control” at the top of the circle. Write “Can’t Control” at the top of the page.
3. Filter through your day/interaction/event and identify the emotions, reactions, judgements, expectations, hopes, and regrets that may have shown up.
4. Work through each and write them in the category that best fits
5. Close the activity by either saving or tossing your page.

Gratitude Practice

1. Write down 3-5 things that you are grateful for.
2. Be as specific as possible: Get into your 5 senses

Visualization

1. Get grounded (use belly breathing, feel your feet, etc.)
2. Remember a time when you felt really happy, relaxed.
3. Recall the memory in as much detail as possible and take a couple of minutes to write it down.
4. Now bring this memory to mind for a minute or two at least once a day.

Your Healing Hands

1. Place your hand on your upper chest or belly or somewhere where it feels soothing.
2. Notice the warmth it creates, think about the comfort that your touch provides (or will provide) your baby and the healing power you have within your hands.
3. Let that same power soothe you and your worries.
4. Pair with deep breathing.