

Mindful Memo

Week 3 August 23rd, 2021 RCMA Wimauma Community Academy



Riding the Waves of Uncertainty

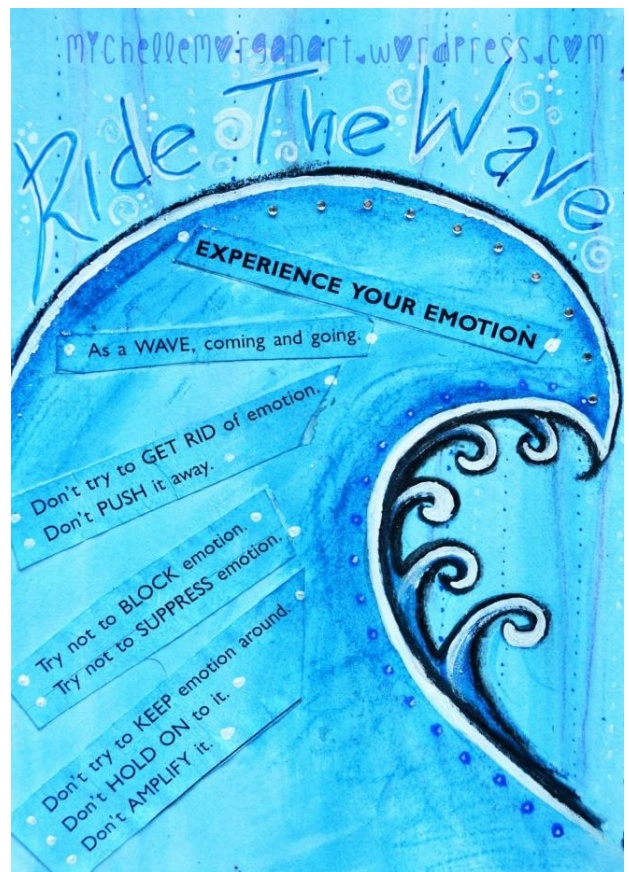
Spend five minutes watching the news, and one word comes to mind...UNCERTAINTY. This week's challenge is to notice when waves of anxiety, stress, and worst-case-scenarios take over the mind, then use the below strategies to ride these waves vs. letting them capsize our thinking (shameless boat analogy 😊).

Welcome Emotions – Practice allowing the experience of emotions and feelings without **ACTING** on them. There is tremendous power in restraint.

Anchor – Whether it's deep breathing, counting down, or naming the emotion, having a mental anchor to the present will prevent thoughts from being carried away.

Validate – Recognize that there's a reason for strong emotions. Explore that (root) reason to better understand how to process and let go.

Exhale – Let go of any negative energy created by the feeling, as well as any resistance to letting go of the emotion.



"Feel the feeling, but don't become the emotion. Witness it. Allow it. Release it." - Crystal Andrus