

# STILLNESS IN THE STORM

A MINDFULNESS TOOLKIT FOR  
UNCERTAIN TIMES



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MINDFUL PATH COUNSELLING

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## Stillness in the Storm: A Mindfulness Toolkit for Uncertain Times

### **Introduction**

When life feels uncertain, your mind naturally scrambles for clarity - but your body is often asking for calm. These five grounding practices are designed to help you reconnect with yourself when everything feels unclear. No pressure. No fixing. Just presence.

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### **1. The 3-Breath Reset**

A 30-second practice to steady your nervous system.

1. Inhale slowly through your nose
2. Exhale even slower through your mouth
3. Repeat two more times

Notice where your body softens. Even small pauses matter.

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### **2. A Letter from Your Future Self**

Write yourself a note from the version of you who's already lived through this uncertainty. What do they want you to know? How did they get through? What's different now? (Let your intuition speak here, not logic.)

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### **3. Grounding Through the Body**

Choose one of the following:

- Walk barefoot on grass or carpet
  - Place one hand on your chest and one on your stomach
  - Stretch slowly with full attention on your breath
- Let your body be part of your support system.
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#### **4. Ask: What's True Right Now?**

When your thoughts spiral, pause and ask:

"What's *actually* happening right now?"

Use this to return to the moment instead of projecting into the future.

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#### **5. Notice the Micro-Moments**

Start a list called "Moments That Felt Like Me"

Write down one thing per day - a sip of tea, a deep breath, a smile you didn't force. These moments matter. They anchor you to your values, not just your circumstances.

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#### **Closing Reflection**

You don't need a big elaborate life plan. You just need one small point of stillness to return to - something to remind you: "I'm allowed to pause. I'm allowed to be here. I'm allowed to begin again."

