

MY SOUL CARE

safety plan

Why do I need to do this?

It is very hard to think of what to do for yourself when things get tough. It is best to have a plan ready for when you need it.

Make a list of what you can do when you are dysregulated/agitated that will be healing for you.

1. What will help me relax?

For example,

- Breathing, Muscle relaxation, Music, blowing bubbles
- Reading for fun, watching a movie
- Taking a walk

2. What do I like to do when I'm in a good mood?

- List all the things you like to do so you remember what they are when you are in need.

What self-compassion practices can I nurture that will help me throughout the day?

3. For example,

- Respond with "I am" affirmations, "I am committed to asking for what I need in this moment."
- Breath prayers (refer to guide)
- Gratitude journaling

4. What else do YOU get to do that is specific to YOU?

#1

#2

#3

#4

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There is enough good to go around for me.
I will give TO myself as much as I give OF myself.

Make a list of people you can contact if you need support or distraction.

5. For example, friends, relatives, therapist, mentor, pastor, etc.

6. Divide the list of people into categories by asking yourself the following questions:

- Who can I call if I am feeling depressed or anxious?
- Who can I call if I am lonely?
- Who will come over to be with me if I need company?
- Who will listen?
- Who will encourage me to get out of the house and do something fun?
- Who will remind me to follow my self-care plan?

7. Make a list of who + what to take a break from when you are having a hard time

Not everyone + everything can be supportive or helpful in every situation. Go to the ones who can be supportive about the specific issues you are dealing with.

Keep your plan on your phone. Share it with those in your support network.

Print it out + look at it often. Add any new ideas to it as your life stages shift. And make sure you USE IT.

#5

#6

#7

BREATH

prayer

Breath Prayer brings God into the body.

It is indeed a holistic practice for body + mind + soul, as it clears the path for you to abide in the Beloved, Yeshua (the very union of the spiritual and the physical) it also makes space within for Yeshua to dwell in you.

With the scientific knowledge we have today on mindfulness + the effectiveness of deep breathing on the body + mind + soul, it's no wonder that this form of prayer gently but surely transformed those who practiced it.

Science tells us that our brains are constantly transforming and are shaped by what we focus on. For example, while anxiety begets anxiety, focusing on peace can lead to a sense of peace. We also know that deep breathing directly impacts the part of the brain where stress dwells, encouraging our nervous system to slow down and eventually melt into the present moment.

When we combine the sacred reinforcement of the mind through a meditative phrase with the deep breathing that relaxes the body and centers the soul, we become less reactive and more receptive to the presence of God in us and in the world.

As you cultivate your practice you'll likely find that even when your prayer has finished, the effects of the prayer will remain, your sense of God's presence as close to you as your very breath.

Even the words for "spirit" in Hebrew (ruach) and Greek (pneuma)—the two languages in which the Bible was originally written—can also mean "breath." It seems breath is not only essential to our physical existence but our spiritual nourishment, too.

BREATH

prayer

HOW TO PRACTICE BREATH PRAYER

Breath Prayer is as informal as they come, requiring only a simple phrase and the breath you carry with you every moment throughout the day. While it is undoubtedly valuable when practiced in silence and + solitude for an extended period of time (scientists say that 12 minutes of deep breathing each day is enough to transform the mind—set a soothing timer using the [Forest Focus app](#)), it can also be practiced during everyday tasks, such as washing the dishes or running errands, allowing even the most mundane moments of the day to be immersed in the Sacred.

1. **Choose a phrase.** It can be a verse from the Bible or a line of praise + petition (one common formula is a name for God followed by your desire, such as “Spirit, peace”). You could also use the inward breath to name what you would like to receive and the outward breath to state what you would like to release.
2. **Breathe in + out**, with the first part of your prayer coming to mind on the inward breath and the latter half connecting with the outward breath.
3. **Continue your prayer** for a set period of time or until you feel you have reached a sense of inner stillness as you dwell in the presence of God.