



# Accessing Your Strength in Times of Crisis

This guide offers easy-to-use practices for finding inner calm and strength, even during challenging times. These methods can be practiced anywhere, anytime, with minimal time or resources, empowering you to cultivate resilience and navigate life's obstacles with greater ease. Try these approaches, experiment with your own, and share your discoveries with friends, family, and your community.



## Breathing

**Calm your mind.** Slowing down your breath can help calm your nervous system. A simple way to do this is to focus on your breath while silently repeating to yourself: 'I am breathing in' (as you inhale). 'I am breathing out' (as you exhale)



## Grounding

**Come back to the present.** Grounding helps you stay focused on the here and now. Look around and notice 5 things you can see. For example, "I see a green plant," "I see a blue pen," "I see a purple flower." Name the things you see around you. Like, "I see a chair," "I see my phone," "I see my shoes."



## Resourcing

**Find your inner strength.** Resourcing helps you find inner strength when stressed. Focus on parts of your body that feel strong (like your legs). Imagine a peaceful place (like sipping tea). Use these when you feel stressed. One strong part of my body is... I feel calm when I imagine...



## Body Awareness

**Listen to your body.** Noticing your body in the present moment, such as feeling the air on your skin, the ground beneath your feet – helps you respond to its needs. Are you thirsty? Hungry? Do you need to move or rest?



## Journaling & Freeform Expression

**Spark your creativity.** Allowing ideas to freely express themselves on the page can unlock inner strengths and sources of hope. These ideas, like a favorite song or a happy memory, bring feelings of calm and joy. They offer a sense of safety and support while opening doors to a world of endless possibilities.



# Three Breaths: A Grounding Practice

Discover the power of conscious breathing with our Three Breaths practice. This simple technique can help you find calm and center yourself. It can also be a valuable tool for supporting others in their own relaxation and stress management. You can use it anytime, whether you're facing a challenging situation or simply seeking a moment of peace. The script below provides a flexible framework that you can adapt to your specific needs.



**Experience the Three Breaths in action with AWWB Founder Cathy Salser.**  
**Scan the QR code or visit [awbw.org/3breaths](https://awbw.org/3breaths) to watch the video.**

As we come together, I invite us to begin by creating a 'window between worlds' with our breath.

We'll take three deep breaths together: one for the past, one for the present, and one for the future. If deep breathing feels difficult or inaccessible to you, simply notice your natural inhales and exhales.

Each time we do this, we strengthen our ability to access this inner space whenever we need it. You can close your eyes, keep them open, or do whatever feels most comfortable.

## **First, let's invite a breath for the past.**

Gently notice any sensations in your body that you might want to release. It could be something from just a few moments ago.

Breathing in.... (breathe in deeply and hold for a moment)... And letting go (breathe out).

## **Now, let's invite a breath for the present.**

Notice your feet on the ground, connecting with the earth. Recognize that we are all here together, sharing this moment. Simply being present in this way is incredibly powerful.

Breathing in.... (breathe in deeply and hold for a moment)... And letting go (breathe out).

## **Finally, let's invite a breath for the future.**

Gently notice any wishes or intentions you may have. Perhaps how you'd like your body to feel, or a word that represents your hopes. If nothing comes to mind, that's perfectly okay. With this breath, we simply create space for the future we are co-creating.

Breathing in.... (breathe in deeply and hold for a moment)... And letting go (breathe out).

**By taking these breaths, you've just created your own 'window between worlds.'**

## **You can return to this space anytime.**

Whenever you feel stuck or overwhelmed, try these three breaths and remind yourself that you can:

- Release a little tension from the past.
- Ground yourself in the present moment.
- Open to possibilities for the future.

**Thank you for creating with your breath!**