



SoundMind Medicine, LLC

Debbie Miller, ND, BCB

3123 Fairview Ave. East, Suite C, Seattle, WA, 98102

info@soundmindmedicine.com

www.soundmindmedicine.com

ph: 206.376.7954 | fax: 206.267.0154

In-the-moment tools to use during times of stress

“FLARE” mindfulness technique for difficult situations - Adapted from Inna Khazan’s “Biofeedback and Mindfulness in Everyday Life”

F - feelings - these are outside of our control

L - label the feeling in a nonjudgmental way

A - allow and validate your feeling - “It makes sense I feel this way because...”

R - response - ideally choosing the healthiest response to a situation (based on your own values and willingness)

E - expand awareness - literally noticing what is around you (sights, sounds, things you are touching)

Quick grounding exercise - Adapted from HeartMath Institute:

Name to yourself:

3 things you see

3 things you hear

3 things you feel (tactile)

(optional: 3 belly breaths)

Breath shifting technique for state shifting/mental and physiological rehearsal -

Adapted from Dr. Leah Lagos’ “Heart Breath Mind”

5 breaths - acknowledge emotions on the inhale and let go of the stress or dis-ease on the exhale

5 breaths - focus on sensations of breathing (mind clearing)

5 breaths - cultivate desired state - ie calm and confident heart, gratitude, openness, curiosity, etc (heart clearing)