

Crisis Survival Skills:
Distract with "Wise Mind **ACCEPTS**"

WISE MIND is putting on the MIND OF CHRIST and ACCEPTING His will for your life.

Activities	Activate your faith in prayer. Call your prayer partner / accountability partner and ask them to pray with you. Read your favorite scriptures to soothe your soul. Engage in activities that soothe your mind and give peace to your soul.
Contributing	Contributing to (being a blessing to) someone else is one of <u>the best</u> ways to get our minds off ourselves and back in line with God. Help a sibling or friend with homework or other task, make something nice for someone else, donate things you don't need, help mom/dad with dinner, volunteer your time.
Comparisons	Compare your situation to those who are worse off. Pray for them and thank God for your blessings. Compare how you are feeling <u>now</u> to a time when you were doing worse, and thank God that you are doing better now than you were. Remind yourself that things can always be worse and be grateful for where you are.
Emotions	Emotions are part of the way God created us. Ask Him to help you gain control over your emotions versus them controlling you. Remind yourself that you can do all things through Christ who strengthens you. Remember that just because we feel our emotions, it does not mean we have to act on them.
Push it away	"Push" the situation out of your mind—temporarily. Leave the situation mentally by moving your attention and thoughts away from it and putting your attention back on God's blessings and promises for you and your life. Put the pain in a box and place it on a shelf until you are ready to work through it with Dr. Fortuchang.
Thoughts	Replace your thoughts with God's truth about you and your life. Meditate on your favorite scriptures. Listen to praise and worship music. Speak life to your situation. Think about how good you felt the last time you were at church and spent time with God. Remember how He's gotten you through in the past.
Sensations	Intensify other sensations in your body. Hold or chew ice, listen to loud praise and worship music, dance to it, take a warm or cold shower, squeeze a stress ball, pet your dog or cat. Do these things all while focusing on your favorite scripture.

Crisis Survival Skills: Self-Soothe with Six Senses God Gave You

Vision **Hearing**
Smell **Taste**
Touch **Movement**

- Vision** Take in all the beauty of God’s creation—notice a beautiful sunset, take a walk and notice the blue sky and the clouds (or stars if it’s night time), leaves on trees, beautiful flowers, people around you, etc. Look at a photo album and take notice of everything. Take a walk down memory lane and recall the events of the photos. Thank God for the ability to see and experience pleasure through sight.
- Hearing** Listen to your favorite praise and worship / Christian music, playing it over and over again allowing it to soothe your soul. Pay attention to the sounds of nature—God’s creation, and listen to the birds and other animals and insects. Listen to the wind breezing. Listen to water as it runs. If it’s raining outside, listen to the drops as they pour down. Thank God for the ability to hear and appreciate sound.
- Smell** Put on your favorite lotion, use scented body wash, shampoo or soap, light a candle and enjoy its aroma, pop some popcorn and notice the smell. Smell the roses or other flowers in your yard. Thank God for the ability to smell and experience pleasure through nice aromas.
- Taste** Eat some of your favorite food, drink your favorite beverage, have your favorite flavor of ice cream—really take the time to experience the taste of the food as you eat it. Thank God for the ability to taste and experience this joy. Remember to eat one thing—moderation is key.
- Touch** Take a long bath or shower, pet your dog or cat, use a massager, brush your hair, hug a loved one or allow them to hug you, place a cold cloth on your forehead, change into your most comfy clothing. Thank God for the ability to feel and to be soothed by touch.
- Movement** Gently rock yourself from side to side, stretch, go for a run or brisk walk, dance. Thank God for the ability to fully and freely move your arms, legs and joints, and for not having to depend on others or devices to move around.

Crisis Survival Skills: **PROSPER** in the Moment

Prosper in the Moment with:

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| Prayer | Prayer is powerful and God answers the prayers of the righteous. Pray to God to help you during this difficult time. Call your prayer partners and ask them to cover you in prayer. Pray for God's strength, wisdom and endurance. He will get you through it. |
| Relaxation | Try to relax your muscles by tensing and relaxing each large muscle group (progressive muscle relaxation), starting with the feet and working your way up to the head. Listen to soothing music, light an aromatic candle, take a soothing bath, meditate upon your favorite verse of scripture, and remind yourself that God is always on your side. |
| One Thing Now | Focus your entire attention on what you are doing right now. Keep your mind in the present moment—do not worry about yesterday or tomorrow. Be aware of body movement while you are walking, cleaning, eating, etc. |
| Serenity | Imagine very serene scenes of a calming, safe place. Imagine being in the comfort of God's arms. Imagine things going well; imagine coping well; imagine the abundant and joyful life that Christ promised to you. Imagine painful emotions draining out of you like water out of a pipe. |
| Peace / Purpose | Remember—there is always purpose in our pain, and what the enemy used to hurt us, God will use to bless us. This provides us with enormous peace and calm. Allow God to show you the meaning, purpose and value in your pain. Your pain will not be in vain! |
| Encouragement | Cheerlead yourself! Repeat over and over, "I can do all things through Christ who strengthens me!" "This will not last forever—this too shall pass!" "I'm more than a conqueror...I'm victorious and I win!" "I am the righteousness of God!" |
| Rest | Give your mind a brief rest or "vacation" from it all! Get outside, take a short walk, go get your favorite beverage or smoothie, read a magazine or book, unplug from all electronic devices, take a 1-hour breather from hard work that must be done. |