

Sterling Parents



Self Care Guide

The 3Cs of Cultivating Calm

In the face of overwhelming emotions

-  CALM Body: cleansing breath, release tension
-  CENTER Mind: Bring yourself into present, statements of fact (I am safe, I am in my home), ground yourself in what you can control
-  CONNECT Heart: Reach out to a loved one and tell them how you are feeling or thank them for being in your life

The Sacred Hour

The hour before bed is a sacred time of processing and ritual. There are 4 essential elements to the Sacred Hour Ritual.



Unplug from all devices



10 cleansing breaths



Relax body and release tension

Stretching, yoga poses,
progressive muscle relaxation

Warm shower or bath



Engage in introspection

Journal, pray, ponder, or
meditate

A Simple Mantra Meditation

Take a deep breath and relax your body, releasing any tension.

Repeat the word "Home" at your own pace.

Do not be concerned if thoughts come.

Do not try to push them away.

Let them go as easily as they came.

If you realize you've gotten caught up in a thought,
simply return to your mantra.

As time passes, allow the mantra to become
softer and quieter.

The mantra may dissolve, leaving only the idea of the mantra
drawing your attention