

PERSONAL RECOVERY CARD

To be used when over stressed, off center, out of balance.

1. **INTEND.** Set your intention in a request, prayer or visualization. See how you are feeling or being now; intend how it you would rather feel or be; visualize it and model it physically.
2. **BREATHE.** Raise your vibration and calm your soul: *Meditate* 1–3 min; *Visualize* how you want to be and feel, change your physical body and breathing to mimic that state; *Use Sound:* chant OM, music, listen to sounds of nature; *Smell* vanilla, sage, citrus, orange, lemon; *Move:* do yoga, walk around the block, be in nature, dance.
3. **INTEGRATE.** Recalibrate, reset, take a deep breath, start over.
4. **ACKNOWLEDGE.** Say your affirmation: for example, “I am calm, grounded, safe. All is well.”
5. **GRATITUDE.** Be grateful. Smile. Let go.

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