

# *Soothing thoughts for when it storms inside*



*Sometimes it can get stormy  
and your head and body are  
restless. Use these thoughts  
to unwind and let the sun  
shine within you again.*

**WHAT I FEEL  
IS OKE**

**I BREATHE IN  
PEACE AND  
EXHALE  
RESTLESSNESS**

**I LET WHAT I  
FEEL FLOW  
THROUGH ME**

**I AM CALM  
AND  
PEACEFUL**



**I FEEL PEACE  
IN MY FEET**

**I STAND  
FIRMLY ON  
THE GROUND  
WITH MY  
ROOTS IN THE  
EARTH**

**THIS STORM  
WILL PASS,  
THIS IS ONLY  
TEMPORARY**

**I WATCH MY  
BREATH AND  
RELAX**

