

## Self-Care Tools #13

This week's self-care tool is a guided meditation using Psalm 46:10, "Be still and know that I am God." This breathing meditation focuses on the words and the space between the words. It assists in taking a step away from a hectic or stress-filled time to catch your breath, let go of anxiety, stress, and concerns to be in God's presence.

### **Pause. Breathe. Heal.**

#### **Be Still**

For just this moment, bring your attention to your breath.

Inhale deeply and settle yourself into your body.

Exhale the stress and tension you feel.

On your next *inhale*, pray, *BE STILL*

And as you exhale, *AND KNOW THAT YOU ARE GOD*

#### **BE STILL**

#### **AND KNOW THAT YOU ARE GOD**

Keep breathing this prayer for a few moments.

#### **BE STILL**

#### **AND KNOW THAT YOU ARE**

Keep breathing this prayer for a few moments.

#### **BE STILL**

#### **AND KNOW**

Keep breathing this prayer for a few moments.

#### **BE**

#### **STILL**

Keep breathing this prayer for a few moments

#### **BE**

Conclude, remembering: Even now, God is with you, as near to you as your breath. Continue giving yourself the gift to pause, breath, and heal knowing you are not alone..

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