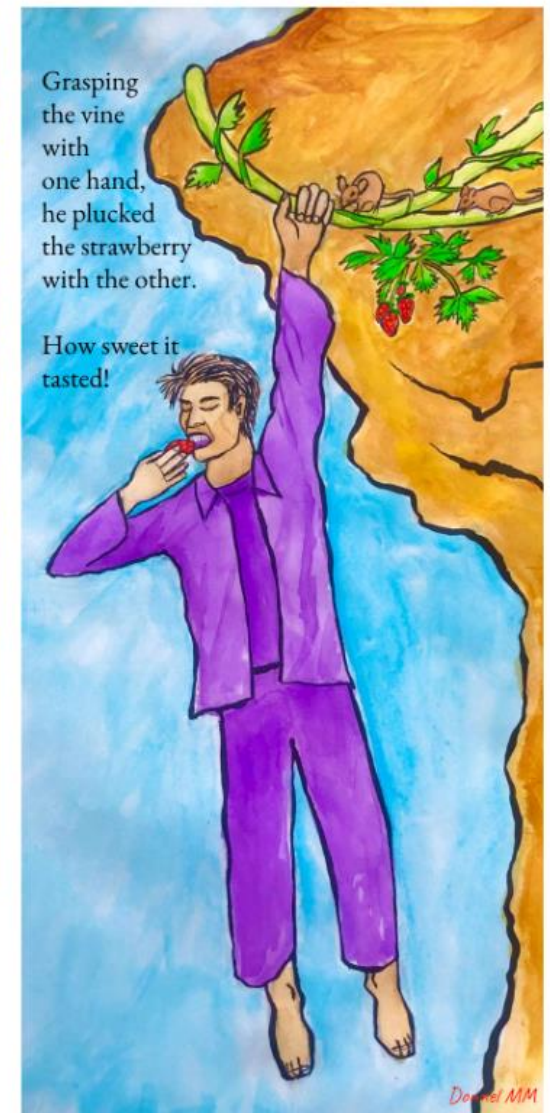
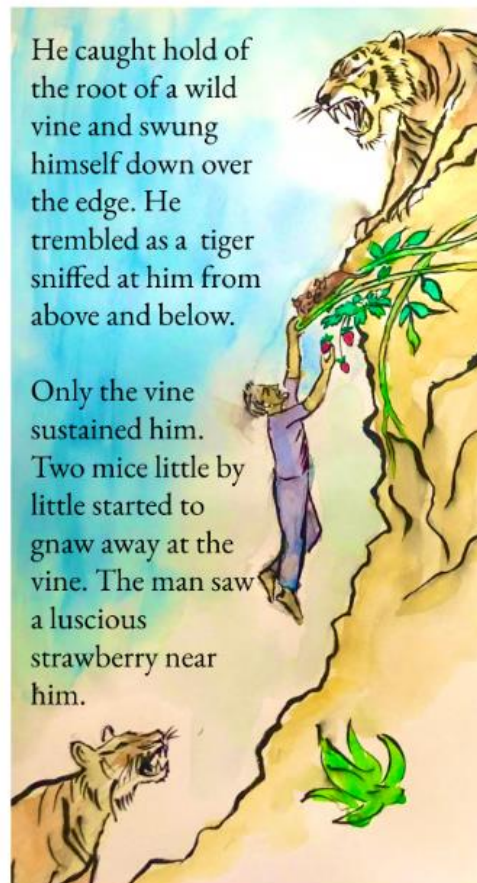
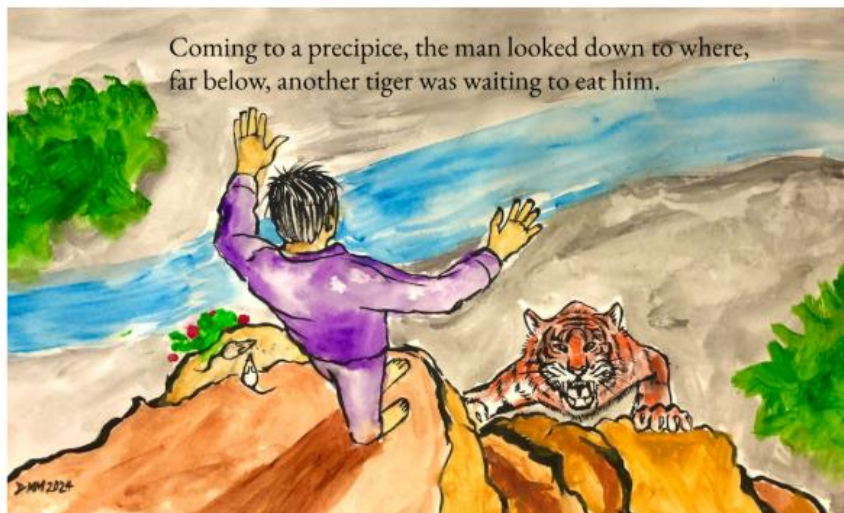
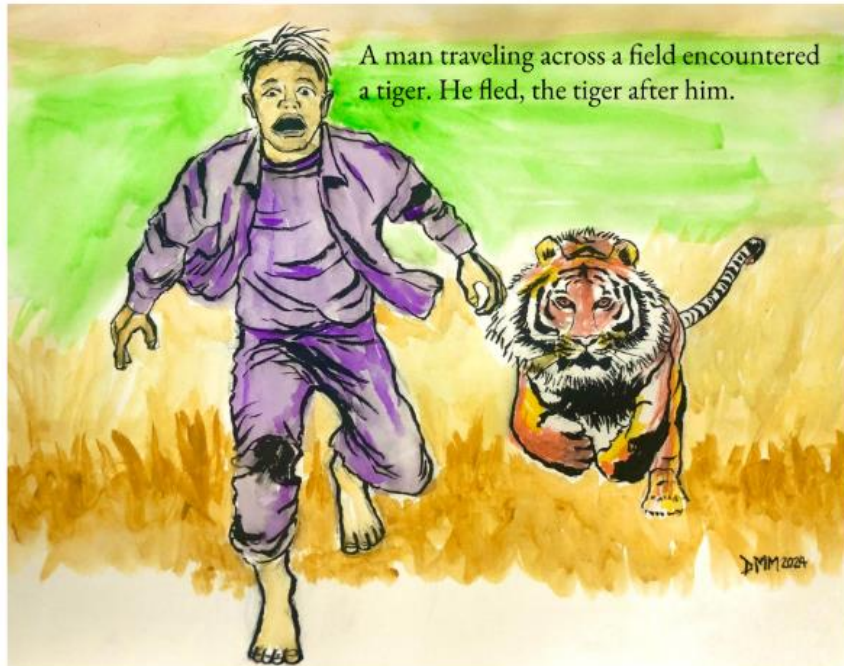


BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

THE TIGERS AND A STRAWBERRY

(Illustrated by Chaplain Donnel Miller-Mutia, Ink & acrylic on paper. Adapted from translation by Paul Reys, Zen Flesh, Zen Bones, New York: Anchor/Doubleday, 1958, pages 22-23)



REFLECTION QUESTIONS

- Which part of the story did you find the most important? Which part of the story resonated with you?
- What experiences have you had that is close to this story?
- Where do you find yourself in this story? Which part of the story is about you?
- Notice moments in your life journey when you had to run to survive.
- Notice moments when you felt trapped.
- Notice moments when you found relief.

WHICH PART(S) OF THE STORY IS ABOUT YOU?

RUN AWAY



What moments in your life felt like you had to run away to escape danger?

CORNERED



What moments felt like you were cornered and trapped?

THE STRAWBERRY

In your moments of survival, in what ways were you able to connect with the present moment?



What tools might be good to stay connected to the present moment instead of being caught up in worry and anxiety? (Circle a few below)

			
	Coping Strategies		
			
			

5-4-3-2-1

GROUNDING TECHNIQUE

Grounding techniques are coping skills that help “ground” you in the present moment, so you do not stress about the past or future. Take a deep breath and notice. Then write or draw your answer on the space provided.



5 Things you can
SEE



4 Things you can
FEEL



3 Things you can
HEAR



2 Things you can
SMELL



1 Things you can
TASTE

CREATE YOUR SPIRITUAL CARE PLAN

Explore tools that might help you be more grounded in the present moment.

A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

Spiritual Treatment Plan

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

Threefold Path: In/Out/Up

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)



Three grounding tools. Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

The Waters of Life - Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life when we allow ourselves to become more grounded in the present. **Circle words below that you will likely embody** (or receive) if you consistently follow through with your Care Plan above.

- | | |
|-----------------|----------------|
| • Awe/Wonder | • Hope |
| • Meaning | • Love |
| • Wholeness | • Purpose |
| • Healing | • Acceptance |
| • Gratitude | • Grace |
| • Connection | • Faith |
| • Forgiveness | • Joy |
| • Compassion | • Awareness |
| • Peace | • Harmony |
| • Ease /Freedom | • Rest/Renewal |
| • Patience | • Resilience |

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH"