

Parenting during the Pandemic

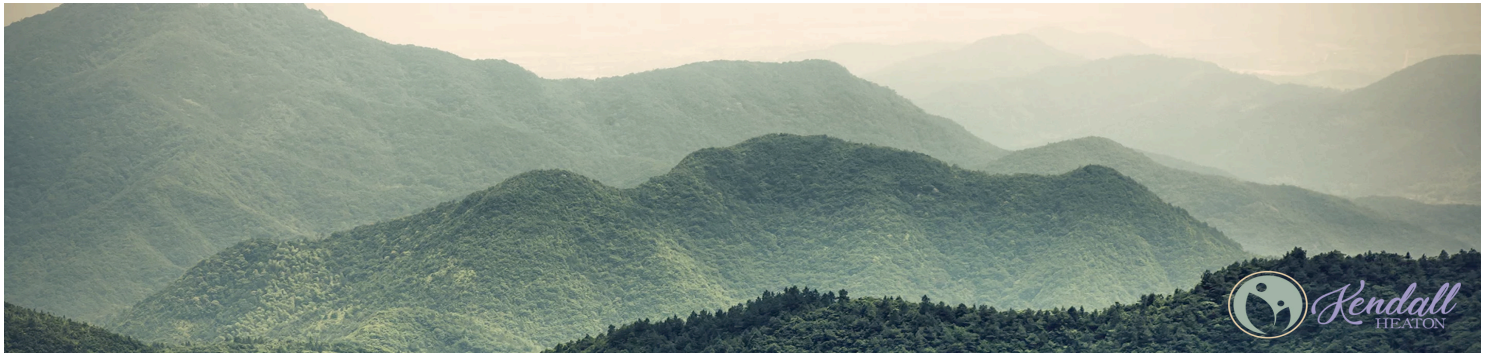
Grounding Reflection Process and Inspired Action Plan

The Mindfulness Process

- I. Acknowledge
- II. Accept
- III. Access
- IV. Address

Step One: Acknowledge

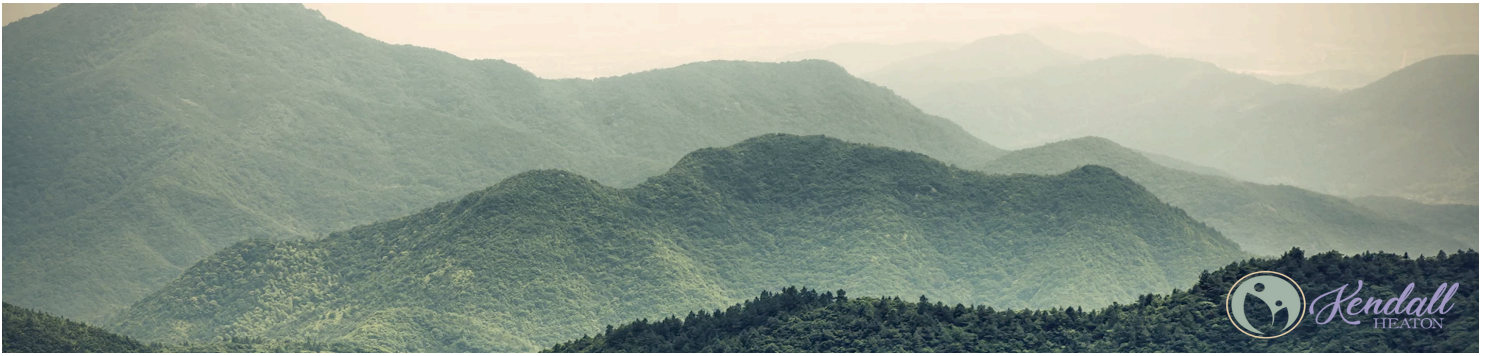
Take a few minutes to reflect and journal about what is coming up for you right now? Fears, worries, concerns, thoughts, emotions, physical sensations. There are no right or wrongs. No “shoulds” or “shoudn’ts”. Just let it all come up and out, free form style.



Step Two: Accept

Now take a few minutes to whole-heartedly accept whatever it is that is coming up for you. No judgements, nothing you need to fix. Take this time to write a brief, soothing letter to yourself. Speak to yourself the way you would to your child, positive/mindful re-parenting style.

It could sound like, *“I hear you and I’m here for you. What you are feeling/experiencing is completely normal given [the circumstances, your past experiences, etc.]. I am here for you and will do everything in my power to keep you safe.”* Follow your flow and, again, just let it come up and out. There is no right or wrong.

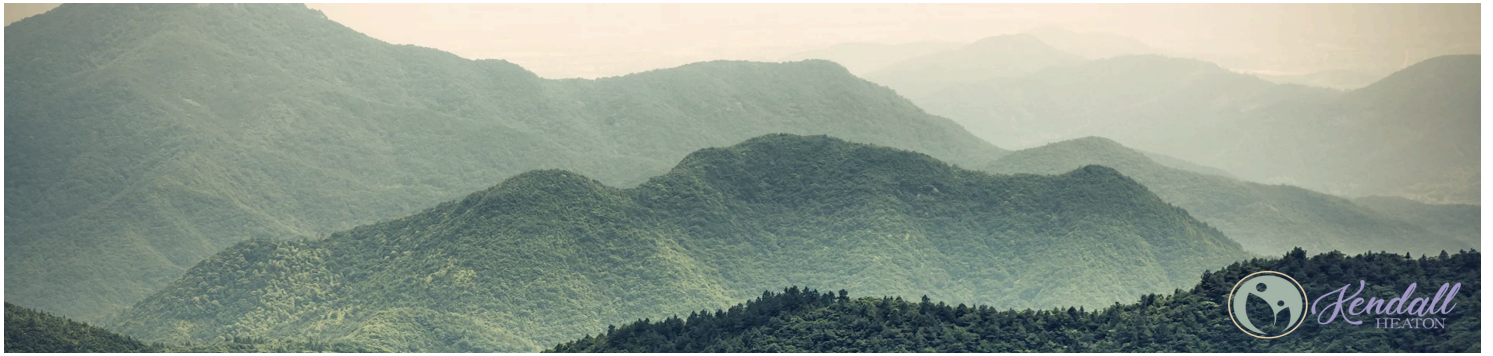


Step Three: Access—what is in your realm of control and what isn't?

Thinking back on all of the fears and worries that came up in step one and two, distinguish which concerns are 1) in your realm of control, or 2) not in your realm of control. Feel free to list them out!

In my realm of control

Not in my realm of control

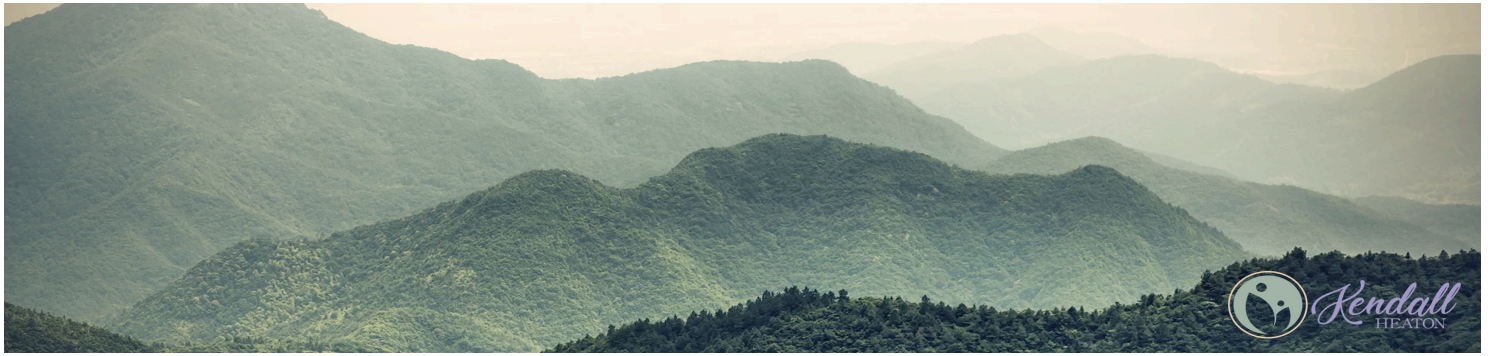


Step Four: Address—Inspired Action Plan

Looking back on step three and what is in your realm of control and what isn't, let's identify some tangible inspired actions that you can take in each category.

Inspired Actions for things that are in my realm of control

	Inspired Actions	Any support/ resources I need for this	Timing/ frequency— calendar it!
Keeping myself resourced and taken care of	1. 2. 3. 4. 5. 6.		
CDC Recommendations for staying healthy and safe	1. 2. 3. 4.		
My Stress Response Plan! (in the moment stress triggers)	1. 2. 3.		



Inspired Actions for things that are NOT in my realm of control

What are a few things you can do to feel and release/let go of worries, fears, or concerns that are not in your realm of control. Examples could be: prayer, meditate, talk to a friend, acknowledge how I’m feeling, lean on your plan for the things that are in your control for comfort.

Inspired Actions	Any support/ resources I need for this	Timing/ frequency— calendar it!
1.		
2.		
3.		
4.		
5.		
6.		