



How to Stay Grounded in a World that Feels Increasingly Unstable

Pre-Training Reflection Prompts

Dear Participant,

Before the Training, please take a few quiet minutes to sit with the following reflections.

There are no right answers. Just simply notice what arises.

1. Where do you feel the state of the world in your body?

When you read or hear difficult news, where do you feel it most strongly: in your chest, stomach, shoulders or elsewhere?

2. What happens to your thinking when you feel overwhelmed?

Do you tend to worry, seek more information, shut down or feel angry or helpless?

3. What helps you return to steadiness?

Is there something that brings you back to yourself: nature, silence, prayer, movement, conversation?

4. What would feeling more grounded look like for you right now?

Calmer in the body? Clearer in your thinking? More able to respond rather than react?

We will explore practical ways to restore clarity and steadiness in uncertain times.

You may wish to jot down a few notes and bring them with you to the Training.

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