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## Open Minds toolbox for living with unusual experiences.

These are some of the things people have found useful when unusual experiences become overwhelming. Use what helps you and ignore what doesn't help.

### MANTRAS

'I am safe and healed and whole', 'Love and light and peace' - a phrase or a single word recalled and repeated can be helpful.

### IMAGES

A piece of art or an image or symbol that makes you feel peaceful and safe. Keep a copy in your wallet.

### MEDITATION

Calming the mind and body, working with the breath, focusing inwards, looking for the 'still point'. Even a couple of minutes a day can change your thought patterns and relieve stress.

### WALKING

Putting one foot in front of the other, pacing up and down if you are locked into a ward, or seeing where your feet take you. The rhythm of walking calms the mind.

### MUSIC

Whatever music makes you feel good. Music is a powerful way to change your mood and soothe the soul.

### TREES

Trees remind us to slow down and breathe. They live calmly amidst chaos. They absorb carbon dioxide and give us oxygen. They let go of the past every Autumn and renew themselves in the Spring. Trees are great role models.

### DAVID ATTENBOROUGH DOCUMENTARIES

It's something to do with his voice combined with images of Nature...

### ANCHORS

Something that grounds you in the here and now: a crystal. A teddy, a blanket, a hat, a pebble, a piece of drift-wood, a photo. Whatever works.

### WATER

Water cleanses and purifies, it quenches thirst and refreshes, rivers carry stuff away... Images or sounds of the ocean or a clear-running stream are powerful sources of wellbeing.

### FILMS

When the TV is a source or trigger for unusual experiences films can provide relief in an uplifting or soothing or just distracting story. When reading is too difficult the film of the book can be just as good.

### TALKING

Sharing stuff with people who have had similar experiences can be a great relief. Why not come to an Open Minds group for a chat and a cuppa...

Open Minds is a peer-support group for people who see, hear or sense things that other people don't (sometimes labelled 'psychosis'). We meet 1-2.30pm at the Bridge Collective on the second Wednesday of the month.

#### 2017 dates

January 11th

February 8th

March 8th

April 12th

May 10th

June 14th

July 12th

August 9th

September 13th

October 11th

November 8th

December 13th