



finding Rest in VNrest

[my hope]

Renew your own
HOPE, agency and
inspire you to take
Control.

[about me]

- one marriage
- three kids
- two careers
- infinite stories
- committed to adventure

take me home services prairie restoration about stacy

PRAIRIE GIRL GROUP

HELPING HUMANS NAVIGATE THIS BEAUTIFUL &
COMPLICATED LIFE.

INDIVIDUAL THERAPY
TEEN GROUP THERAPY
LIFE COACHING
WELL BEING WORKSHOPS
WRITING & TYPOGRAPHY
STORYTELLING

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my own
restlessness



live small,
do BIG
things,
GO to the
wilderness



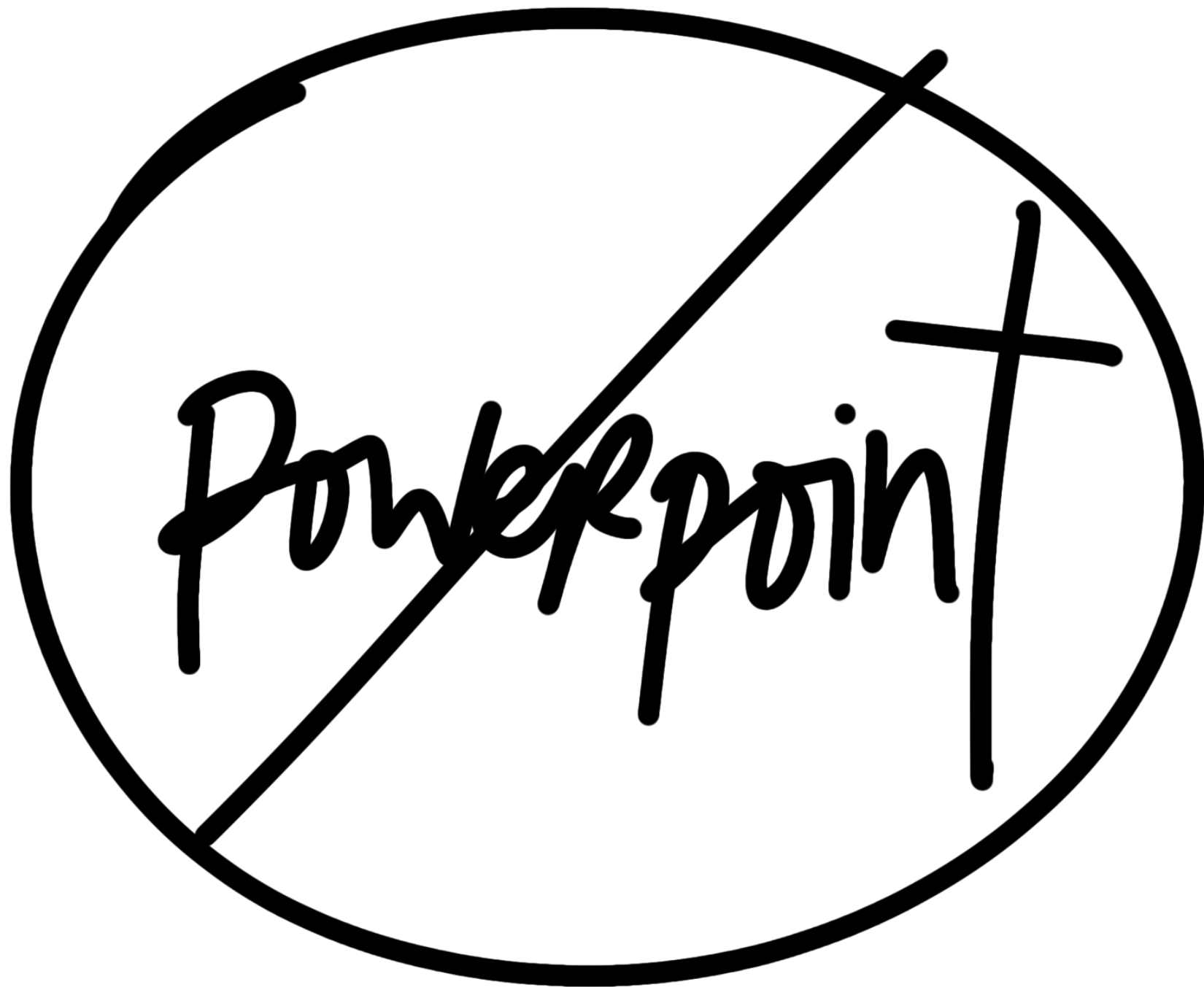
today!

- finding rest in unrest
- examples of unrest
- Ten practical strategies
- Interactivity & Psychoeducation

Brave for impact
with...

PAPER &

PEN



how do we
know if
we have
found rest
in the
universe

you have arrived

good &
positive
energy

you have arrived

happy &
Balance

you have arrived

you can
concentrate &
prioritize with
ease

you have arrived

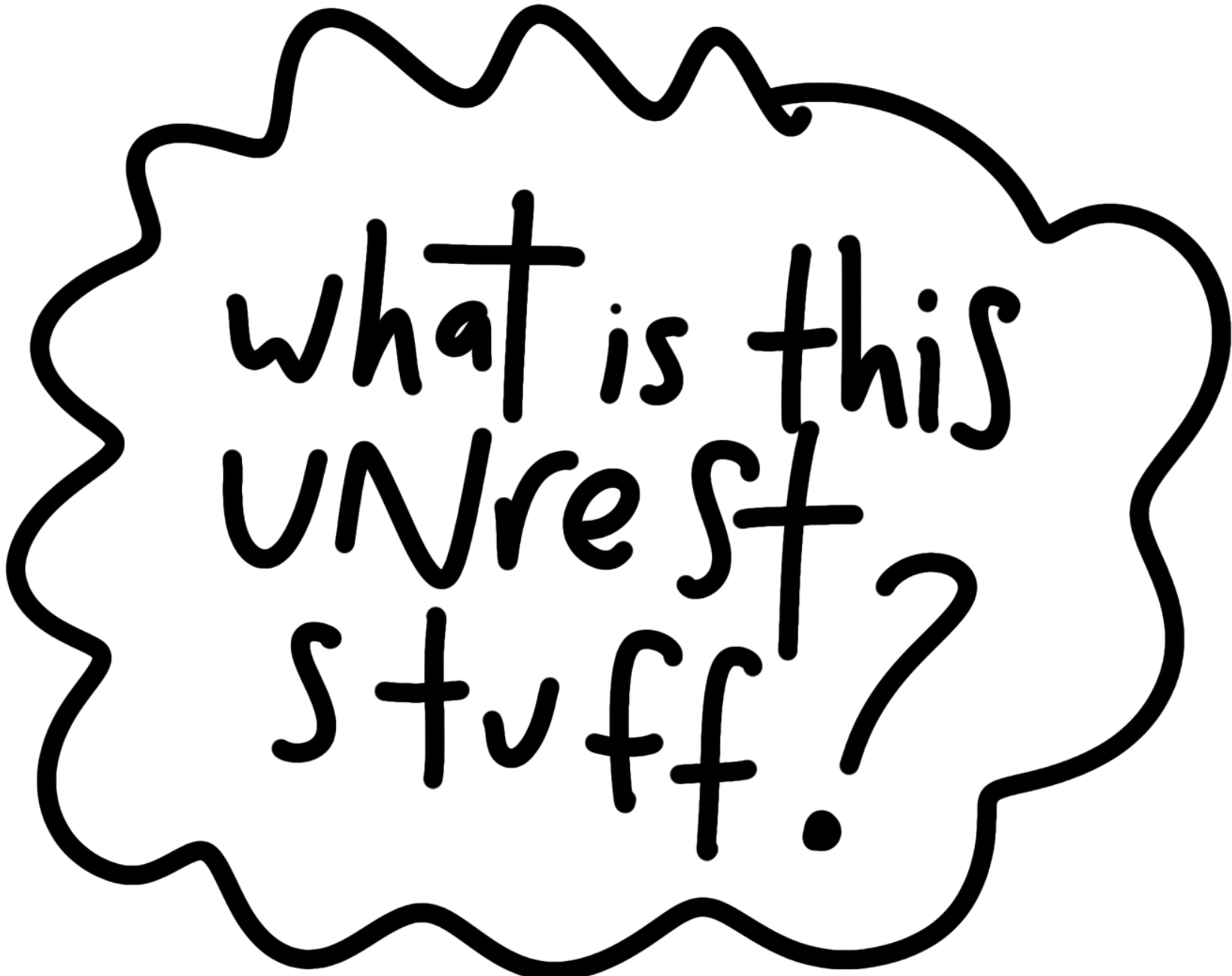
you ARE able
to be
fully present

you have arrived

your body
feels
alive + ready

you have arrived

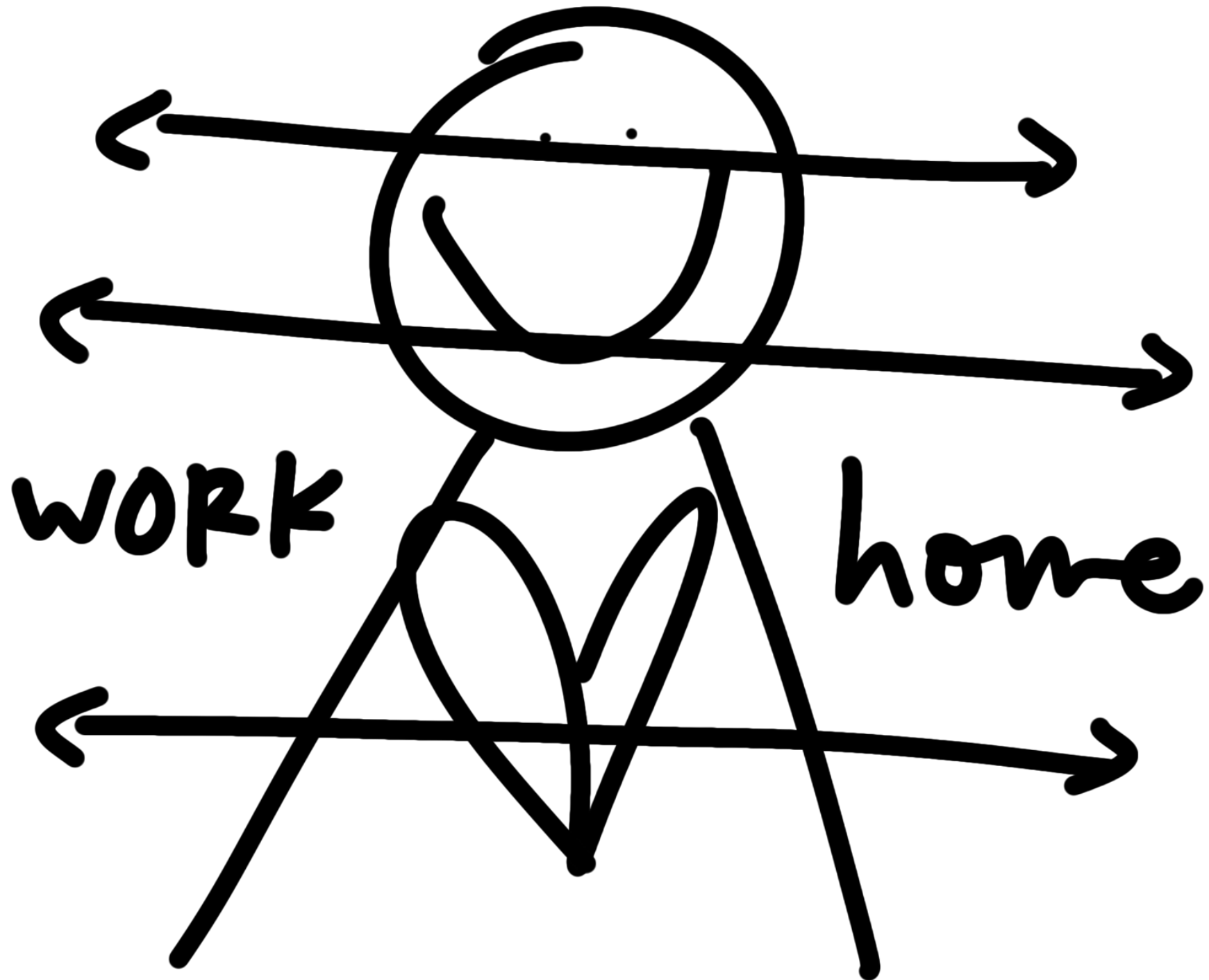
you sleep
well &
wake
easy



what is this
unrest
stuff?

work	home





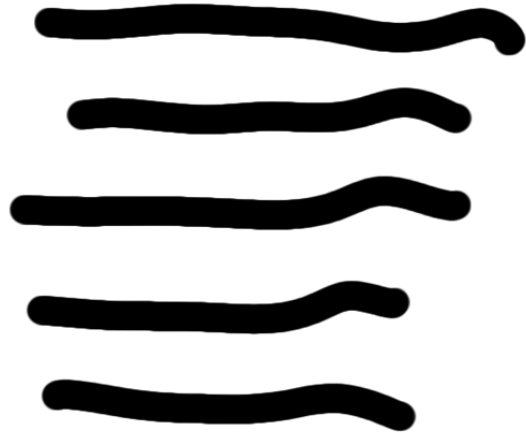
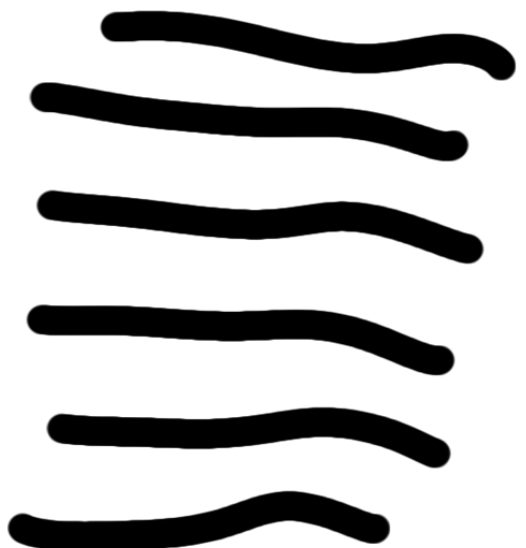
unrest @ work

reorgs, changes to how & where we work, no more yoga pants, change in processes, new demands, new boss, new colleagues, low performing humans, new job, things you did not ask for ...

unrest @ home

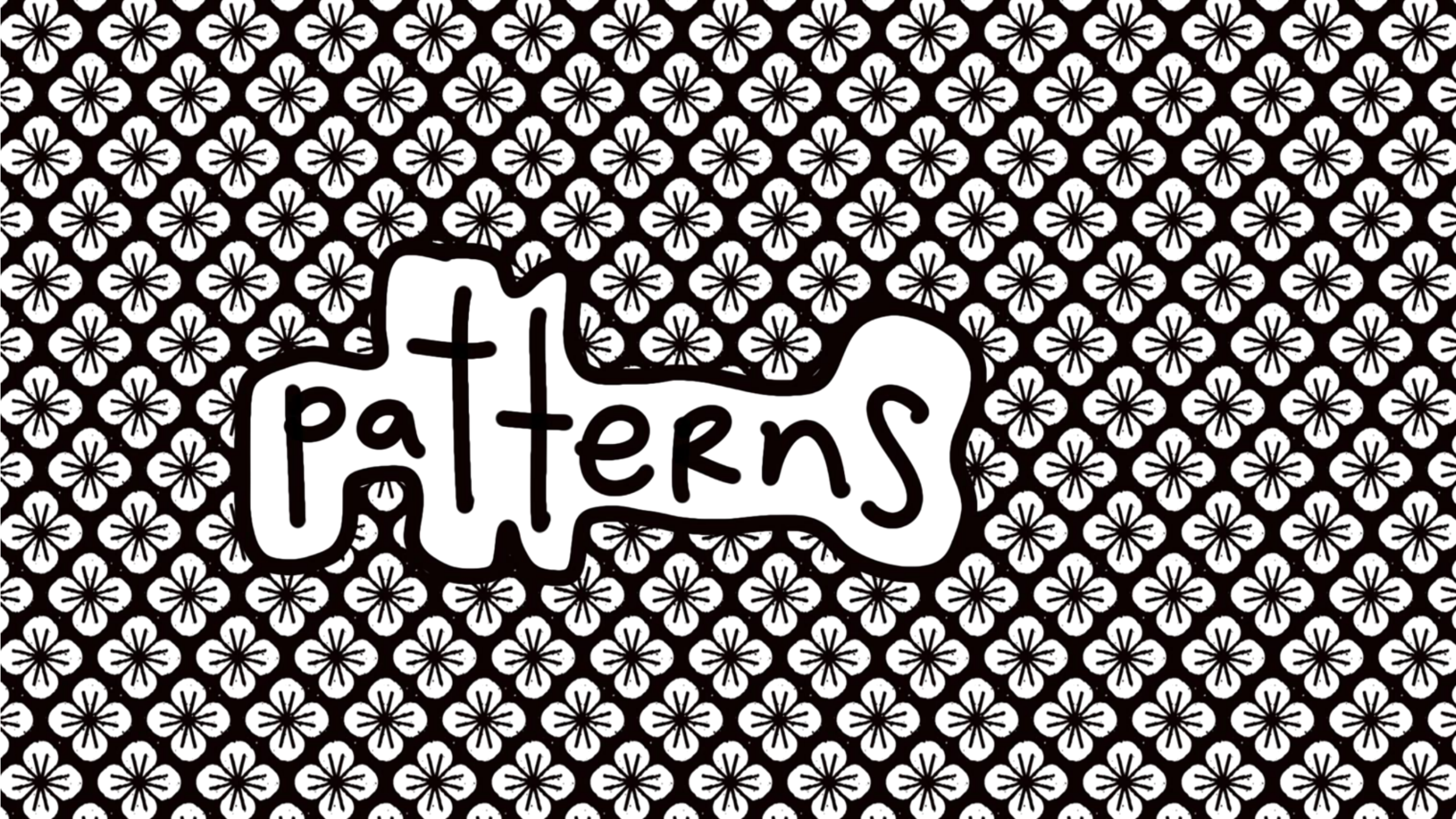
relationship strains,
communication issues,
calendar-ing, work/life
imbalances, lack of fulfillment,
unhealthy habits, unwanted
feelings like pity or feeling
stuck ...

my unrest

work	home
	



things
I
can
control



patterns

10 Practical Strategies
for Finding
rest in the
Unrest

① acceptance

accepting what we can and cannot control; the hardest work of our lives!

② Commitment

Committing to double down
on what we can control and
do that really well.

a little psychoeducation

Acceptance Commitment Therapy (ACT) promotes psychological flexibility. Think of this flexibility like your ability to bend and stretch your mind to handle different and even unwanted thoughts, feelings and situations. Just like your body and can stretch and move – psychological flexibility promotes the idea that your mind can do the same thing...even when things get tricky or gross in our lives.

Said another way, our problems don't make us broken. This just means we are human and that we can view/reframe our problems to free us up to live.

Psychological flexibility is our ability to adapt and respond to the things that can change in our lives – this includes the things that are both in our control and out of our control. Psychological flexibility is the ability to be present, open up, and do what matters, even in the presence of difficult thoughts, feelings, and experiences.

③ movement + mother nature

regular exercise improves sleep, reduces stress, leading to better rest. Spending time outdoors is proven to have a calming effect and improves well being

④ Ground Yourself

Commit to new daily practices—
stretching, meditation, prayer,
Yoga, Breathing, Journaling &
Silence.

a
little
psychoeducation

while all free & easy...
all of these grounding
practices calm the
chaos in your nervous
system... and many
make you kinder &
gentler

⑤ Set boundaries

learn to say no. set
boundaries to prevent
Burn-out... and give
you space for rest...

a
little
psychoeducation

regretment, if
unresolved can
evolve into Bitterness
and Bitterness is
the slow death of
a good human!

⑥ Human
connection

Spend time with people
you love...

a
little
psychoeducation

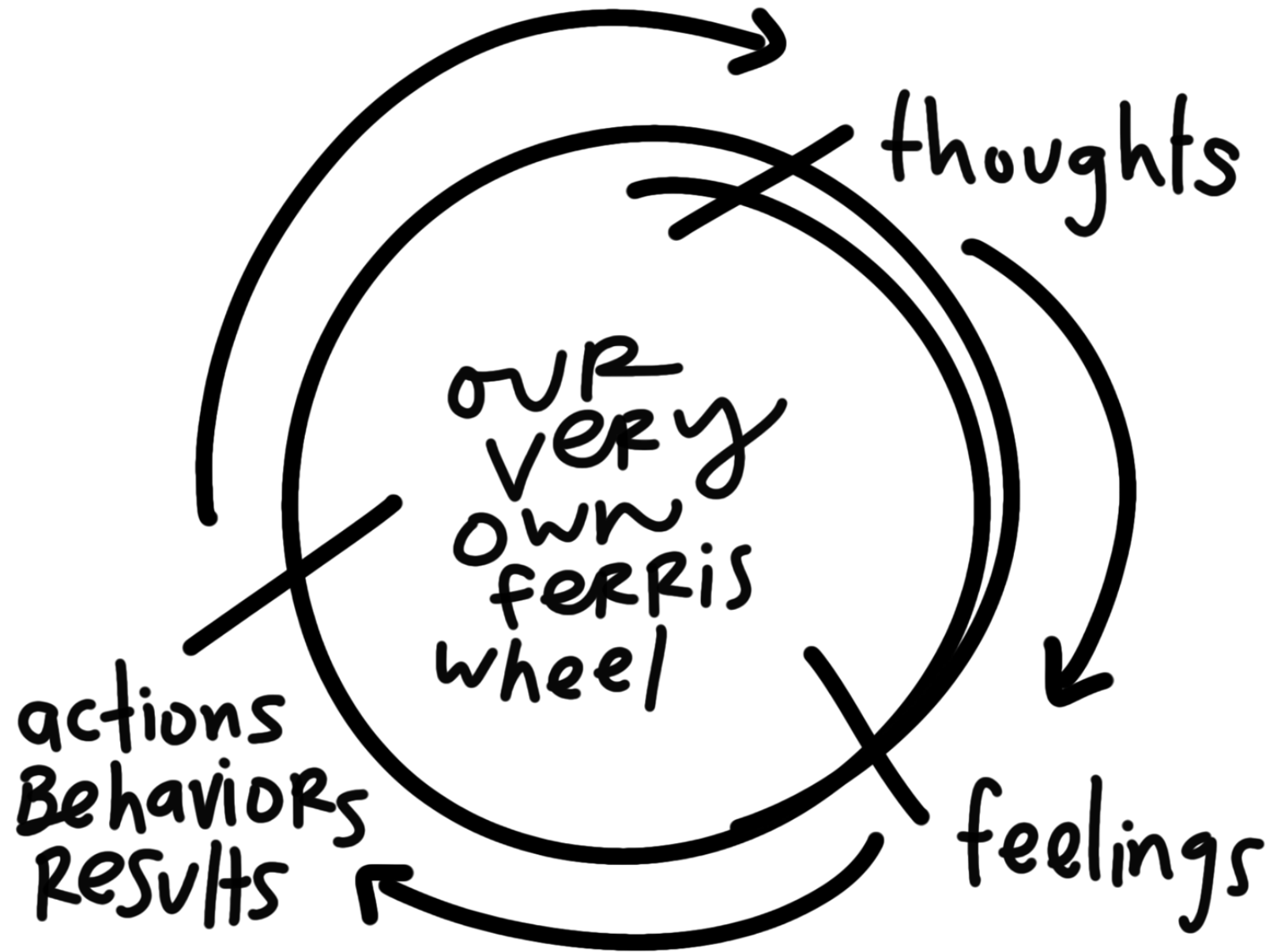
friendship saves lives!
time with friends releases
oxytocin ... a hormone that
promotes bonding and reduces
stress. this lowers cortisol
the stress hormone.

my people

⑦ practice positive thinking

there is ~100% chance
that positive thinking
will turn into positive
feelings.....

a
little
psychoeducation



⑧

own & practice
your
adult feelings

we are all adults—
lets start identifying
real feelings and practice
communicating them...

a little psychoeducation



Feelings List

Accepting / Open Calm Centered Content Fulfilled Patient Peaceful Present Relaxed Serene Trusting	Angry / Annoyed Agitated Aggravated Bitter Contempt Cynical Disdain Disgruntled Disturbed Edgy Exasperated Frustrated Furious Grouchy Hostile Impatient Irritated Irate Moody On edge Outraged Pissed Resentful Upset Vindictive	Connected / Loving Accepting Affectionate Caring Compassion Empathy Fulfilled Present Safe Warm Worthy Curious Engaged Exploring Fascinated Interested Intrigued Involved Stimulated	Disconnected / Numb Aloof Bored Confused Distant Empty Indifferent Isolated Lethargic Listless Removed Resistant Shut Down Uneasy Withdrawn Embarrassed / Shame Ashamed Humiliated Inhibited Mortified Self-conscious Useless Weak Worthless Fear Afraid Anxious Apprehensive Frightened Hesitant Nervous Panic Paralyzed Scared Terrified Worried	Fragile Helpless Sensitive Grateful Appreciative Blessed Delighted Fortunate Grace Humbled Lucky Moved Thankful Touched Guilt Regret Remorseful Sorry Hopeful Encouraged Expectant Optimistic Trusting Powerless Impotent Incapable Resigned Trapped Victim Tender Calm Caring Loving Reflective Self-loving Serene Vulnerable Warm	Stressed / Tense Anxious Burned out Cranky Depleted Edgy Exhausted Frazzled Overwhelm Rattled Rejecting Resistant Shaky Tight Weariness Worn out Unsettled / Doubt Apprehensive Concerned Dissatisfied Disturbed Grouchy Hesitant Inhibited Perplexed Questioning Rejecting Reluctant Shocked Skeptical Suspicious Ungrounded Unsure Worried
Aliveness / Joy Amazed Awe Bliss Delighted Eager Ecstatic Enchanted Energized Engaged Enthusiastic Excited Free Happy Inspired Invigorated Lively Passionate Playful Radiant Refreshed Rejuvenated Renewed Satisfied Thrilled Vibrant	Courageous / Powerful Adventurous Brave Capable Confident Daring Determined Free Grounded Proud Strong Worthy Valiant	Despair / Sad Anguish Depressed Despondent Disappointed Discouraged Forlorn Gloomy Grief Heartbroken Hopeless Lonely Longing Melancholy Sorrow Teary Unhappy Upset Weary Yearning			

free & liberating feelings

Body Sensations

Achy	Contracted	Gentle	Numb	Shaky	Sweaty
Airy	Dizzy	Hard	Pain	Shivery	Tender
Blocked	Drained	Heavy	Pounding	Slow	Tense
Breathless	Dull	Hollow	Prickly	Smooth	Throbbing
Bruised	Electric	Hot	Pulsing	Soft	Tight
Burning	Empty	Icy	Queasy	Sore	Tingling
Buzzy	Expanded	Itchy	Radiating	Spacey	Trembly
Clammy	Flowing	Jumpy	Relaxed	Spacious	Twitchy
Clenched	Fluid	Knotted	Releasing	Sparkly	Vibrating
Cold	Fluttery	Light	Rigid	Stiff	Warm
Constricted	Frozen	Loose	Sensitive	Still	Wobbly
Contained	Full	Nauseous	Settled	Suffocated	Wooden

[Printable list here](#)

⑨ find your voice

you have identified
what you can control -
now its time to change
what you can buy
Doing something ...

"the most
effective way
to do it, is to
do it."

amelia earhart

"if you don't like
to road you're
on, start paving
a new one."

Dolly Parton

⑩ find a
damn HOBBY!

hobbies are all yours.
a good hobby will give you
something to look forward to
doing other than working!

a
little
psychoeducation

“the million
dollar question”

If you could change
one thing about your
life Right now, what
would it BE?



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