

The Travelling Love Series

Self-Regulation Support Mix Theme Collection - Printed DIY Cards

The cards contained in this resource pack offer simple remedies for a moment of stress, anxiety, or despair. Sometimes, the smallest of acts can reconnect us to our body and heart. When you are lost to the noise of the mind, it can fracture your world and sabotage your sense of being safe. Your body is your haven, your safe space, but without having been taught this, how might a person come to know it? When the world feels unsafe, reach inwards to find your safety again there.

Guidelines for usage:

You will require access to a printer (preferably colour), scissors and glue. If you wish to make these lovely cards and mini posters last a little longer, you may choose to laminate them and keep a set around the house, in the car, or on your person.

These resources are great reminders of grace, and may come to offer assistance in times of need, when perhaps you need to reach inwards for the strength, hope and faith to pull you through those harder days or times of great challenge and difficulty. Although, maybe you simply wish to bless an already happy day, since love is love, and beautiful energy is a good thing to welcome at any time in your life – filling up an already full pot so that it may overflow will work wonders for those around you too... Sustaining and maintaining your wellness will always benefit from such practices, as will any recovery maintenance journeys already underway.

Instructions for Travelling Love Cards

You will find the cards ready to print, cut and stick, et voila, you get a full set of travelling love cards:

- 1) Print your chosen pages.
- 2) Trim the business cards along the dotted lines, making certain not to cut the centre folding line.
- 3) Fold and glue the backs of the cards together.
- 4) Optional – laminate your cards to make them last longer or become ready for gifting to a stranger or friend.

**Breathe in for 4....
Hold in for 4....
Breathe out for 4...
Hold out for 4...**

**REPEAT UNTIL THE MIND
AND BODY HAVE CALMED**



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"BREATHE...
JUST BREATHE."**

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Tap each point 12 times:

- crown of head
- centre of chin
- centre brow
- centre collar bone
- temples
- beneath arm, on torso
- high cheek
- side of palm, opposite side to thumb (karate chop)
- under the nose

**REPEAT UNTIL THE MIND AND BODY HAVE
CALMED... AND REMEMBER TO BREATHE TOO!**



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TRAVELLING LOVE SERIES**

**"TAP YOURSELF
INTO CALMNESS."**

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Remember: At tipping point?

You can down-regulate your body with the breath. You are safe to feel this reaction. This is an opportunity to learn and perhaps create a 'safe space boundary' the next time. You are, today, feeling this, but it will end, all is temporary. Cry, scream, LET IT OUT, when you feel the need to do so. Just be safe when you do and don't let yourself down by doing this with unsafe people who may pose the threat of misunderstanding your behaviours.



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"SELF-SOOTHE AND
DOWN-REGULATE
YOUR BODY."**

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Need that duvet day? TAKE IT!

Staying in bed is a glorious thing to be doing, take all the time that you need to rest, make-safe, and enjoy the feeling of doing absolutely nothing. Be yourself as you need to be - be sad, be angry, be numb - *just be you!* We ask you never to judge this need of staying still, it means you're tired, in need of real rest, and perhaps exhausted by pretending to be something you aren't - *okay.* It's alright not to be alright all of the time. Be in that bed for as long as your mind and body need you to be!



**ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES**

**"STAYING SAFE
IN YOUR BED..."**

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Life has a way of moving too fast for those in need of time... time to think, reflect, heal and transform. Learning to take your time means learning to roll alongside the earth as it spins too fast for your life to re-establish its new setting, and any features of self-care you may aim to develop. Taking your time calls for the courage to stop keeping up with the Joneses, and to allow yourself to ask for the time that you need, mostly from yourself. Giving yourself permission to slow it all down may very well be the only thing you need to move forwards safely.



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TRAVELLING LOVE SERIES

"SLOW IT
ALL DOWN!"

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WHAT DOES REAL ACCEPTANCE LOOK LIKE?

The embracing of what truly and really is, right now!

- Reality is what it now is, and I cannot change what it really looks like, even if it really sucks or hurts!
- I may be scared, desperately alone, unconscious to this world around me, but I will not be that forever!
- My suffering is there, I cannot magically transform it or successfully let it go right now... maybe that's alright? (definitely is, by the way!)
- Am I ambling forward or am I truly stuck in this for a while - if I am stuck, how might I manage until I'm not?



ANA MARIA SANTUARIO
TRAVELLING LOVE SERIES

"ACCEPTANCE
IS THE KEY TO
YOUR FREEDOM!"

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Suggestions for your cards:

- ♥ Read one or two each morning, or throughout the day... small reminders can support the changes that you may be seeking. Insignificant a small act is not, and it is the many placed in a row that amount to a new day.
- ♥ Prepare a whole bunch to keep on your person, be that in your wallet, bag or car. They may come in handy, for you or another human being. Let this love travel and spread...
- ♥ Send a set to that friend you know is struggling to stay upright.
- ♥ Hand them out to the homeless, those suffering with acute mental health crisis or other vulnerable people.
- ♥ Leave them on the train for another person to find (place your faith in the right human being finding them).
- ♥ Place a few in places you know people in need may visit - the doctor's surgery or the local mental health charity. Perhaps place a handout or two in the local health care centre and encourage those behind the desk to hand them out as they feel inclined. A local secondary school may just find these cards support their students.
- ♥ Gift them to your neighbour's teenage child whose life seems to be becoming a little complicated and dark.
- ♥ If you see a person struggle – ACT! Any small act is enough, but letting a person be seen can be way more than enough at certain times in life. Invisible pain needs seeing, if it is to become the focus of healing.

TRAVELLING LOVE is the CONCEPT, but a concept which requires your patience, preparation and kindness intended. Laminating the cards makes longevity possible and greener practices also present a real love of the natural world and thanks for her offerings, which came to make the printing of these cards possible. Plus, laminated cards are more likely to last and aid more people as they get passed around.

Please feel free to keep the cards for as long as you feel inclined to do so, forever even, if they hold you up on a darker day; but always know that passing love and light around the earth creates the changes that humanity craves.