

"Catch & Release" CASIGY™ Coping Tool

is simply this:

- 1. Hold a non-breakable object in your hand**
(as simple as a pen or a pencil)
- 2. Identify what you're feeling right now**
(what you are experiencing physically and emotionally right now)
- 3. Breathe In, feel it, name it.**
- 4. Breathe out, drop the object and release your feelings.**

Then again (and again as often as needed):

- 5. Breathe In, feel it; all of it.**
- 6. Breathe out, drop it, release it, let it all go.**

ScrapLady Sharon Barnes

Brought to you by

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