

# Finding Peace

## IN DIFFICULT SEASONS



Take a few quiet moments for yourself with these reflections.  
You do not need to solve everything today.  
Small intentional steps toward healing matter.

### 1 GRATITUDE REFLECTION

What are 3 things I can be grateful for today?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Gratitude does not erase pain, but it can gently give the mind and body a moment of rest from anxiety.

### 2 REFRAMING HARMFUL THOUGHTS

What is a difficult thought I've been carrying lately?

\_\_\_\_\_

What is a gentler or more truthful response I can remind myself of?

\_\_\_\_\_

#### *Reminders for Your Heart*



- ♥ I deserve dignity and care.
- ♥ I am not defined by someone else's cruelty.
- ♥ God has not abandoned me.

### 3 CARING FOR MYSELF TODAY

What is one small thing I can do today to care for my mental and emotional well-being?

\_\_\_\_\_

#### *Ideas to Get You Started*

- Rest
- Go outside
- Reach out to someone safe
- Pray
- Journal
- Attend a support group
- Take a walk
- Simply breathe and slow down



*Healing is not linear.*

You are allowed to take this one day at a time.



#### NEED SUPPORT?

You don't have to walk through this alone.  
We are here for you.

Visit

[Hagarssisters.org/begin-your-journey](https://hagarssisters.org/begin-your-journey)  
to connect with resources and support.

