**NAVIGATING DISRUPTION IN THE UNKOWN**

How Disruption Can Be Used For Transformation

1. Create a sacred space in your home.
2. Change your language; “I get to” vs. “I have to”
3. Practicing self-care.
4. Where are my feet? (a presence practice)
5. Regular acts of compassion - studies show that by helping others benefits our own well-being.
6. Breath Prayer - “I am the beloved child of God.” Over time the words move from my head to living in my heart.
7. Lectio Divina - a way to pray with scripture.
8. Letting Go, The Jesus Prayer -“hands up, hands down.”
9. Get Outside - nature is in complete contrast with the news.
10. Be on the lookout for moments of GRACE—write it down.