

# Point-of-Care Brain Dump

Use this exercise when you've just come out of a challenging encounter and want to clear your brain before you move on to your next task

Dump out your thoughts about what just happened here:

What emotions are you feeling in your body right now?

That moment is over. Whatever just happened is in the past and can't hurt you anymore.  
What do you want to offer to yourself right now to tend to your hurting parts?

What can you put your trust in now? What will ground you as you move on to your next task?