

# Riding the Waves of Life

Guide to Finding Peace  
When Life Feels Like Its  
Falling Apart





# Your Guide to Finding Peace

Life is forever changing, and out of the blue it can feel like a huge wave has crashed over us.

- The relationship ends.
- The job disappears.
- The diagnosis arrives.

Suddenly, the plans you built your identity on no longer make sense.

When the ground shifts beneath you, it's natural to feel lost and uncertain.

This guide isn't about fixing it - it's about helping you find your footing again.

*Move through the 5 practices at your own pace, each offers a way to steady yourself and rediscover clarity and calm.*

# Breathe

## 1. Breathe Through the Break

*When everything falls apart, your breath is your lifeline.*

- Take three slow, deep breaths. Inhale the air of this moment even if it's uncomfortable.
- Exhale the urge to fix or understand.
- Right now, your only job is to stay present.

“Breathing allows my nervous system to release and become calm”.

Feel It

## 2. Feel the Undertow

*Loss, fear, and anger are powerful emotions. Don't fight them.*

- Let them move through you like waves. The more you resist, the stronger they pull.
- The more you allow, the quicker they release.
- Courage lives in allowing yourself to feel.

*“Feeling my emotions allows me to heal and let go”*



# Ground

## 3. Anchor to What's True

*When everything feels uncertain, find one thing that's still solid.*

- Perhaps it's a child, pet, friend, or parent.
- Maybe it's morning sunlight, journaling, or the sound of your own heartbeat.
- That's your anchor. Hold it close.

*"My strength comes from staying grounded in the reality that this too shall pass."*

# Accept

## 4. Be Present

*Pain comes from the stories we tell ourselves.*

- When the mind is looping on thoughts of what should have been – refocus on the now moment.
- Trust that what's falling away is part of your soul's journey.
- Hold something or touch your hand and allow yourself to become fully present with how it feels.

*'I release what I can't control, and I trust what's next will find me.'*

# Allow

## 5. Choose to Rise From It

*Every ending and challenge invites a new beginning.*

- When you're ready, ask yourself: 'What is this wave inviting me to learn, or release?'
- Even in heartbreak or loss, clarity begins to form.
- The wave will lift you again — stay open and allow yourself to rise once more.

*'Everything is always working out for me.'*



# Daily Ritual for Staying Calm

Practice this ritual for a boost of calm:

1. Inhale slowly — imagine drawing light into your chest.
2. Exhale — imagine letting go of tension and what you can't control.
3. Place your hand on your heart and whisper: 'I'm safe in this moment.'

*You don't need to see the whole shore to keep moving. Just focus one day at a time*



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