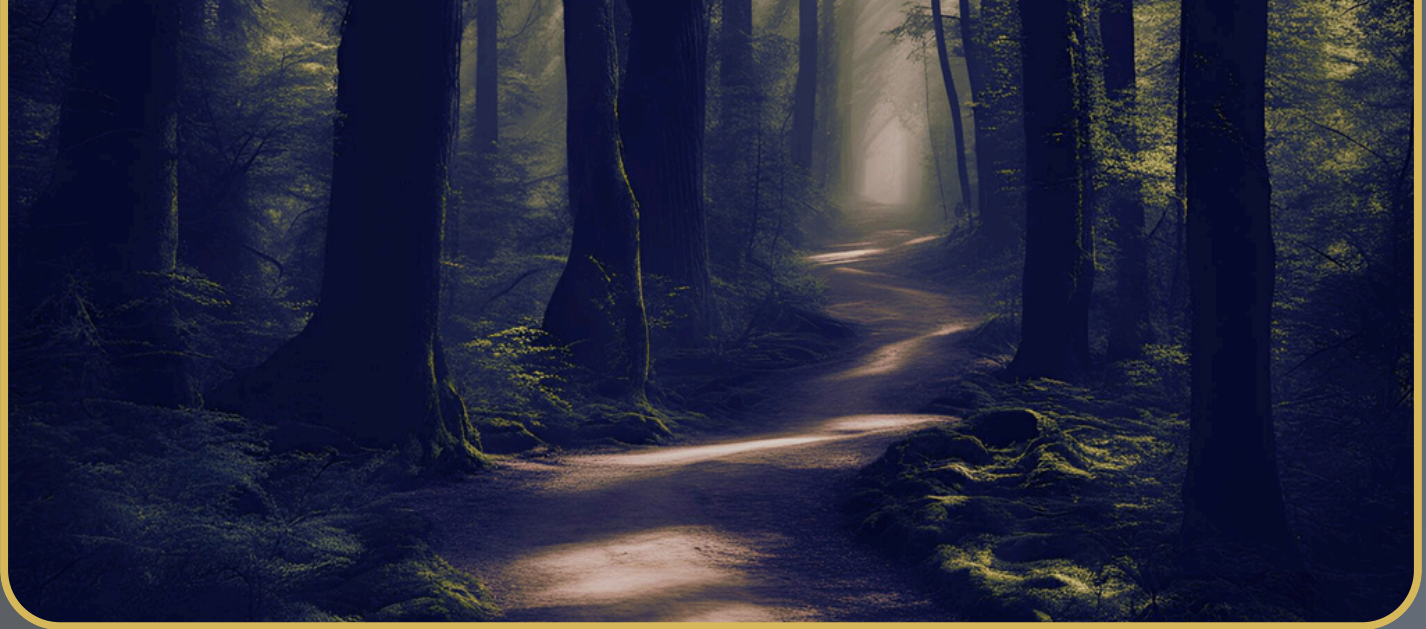


DISRUPT THE NOISE, *Discover Your Still Point*



A Guide to Finding Your Still Point.

Denny Cash, LCSW
Founder & Visionary



WELCOME TO YOUR JOURNEY

Life can feel overwhelming, filled with distractions and stressors that pull us in different directions. This workbook is your guide to disrupting that noise and discovering your still point — a place of calm, clarity, and balance within yourself. At Still Point Therapy, we believe small, intentional practices can profoundly impact your mental wellness. Let's explore how grounding techniques and daily rituals can help you create a life that feels more aligned, centered, and calm.

*" . . . a place of calm, clarity,
and balance within yourself. "*

ABOUT ME



I'm a licensed clinical social worker and the founder of Still Point Therapy in Jefferson City, MO. My approach cuts through the noise to create a grounded, no-judgment zone where you can tackle life's messiest challenges — whether it's anxiety, depression, trauma, or major transitions.

I take a systems perspective, looking at how your environment shapes your experiences and helping you tap into your inner strengths to spark real, lasting change. Rooted in authenticity and human connection, my work is about helping you find your still point — that calm, centered space where clarity and growth begin.

Denny Cash



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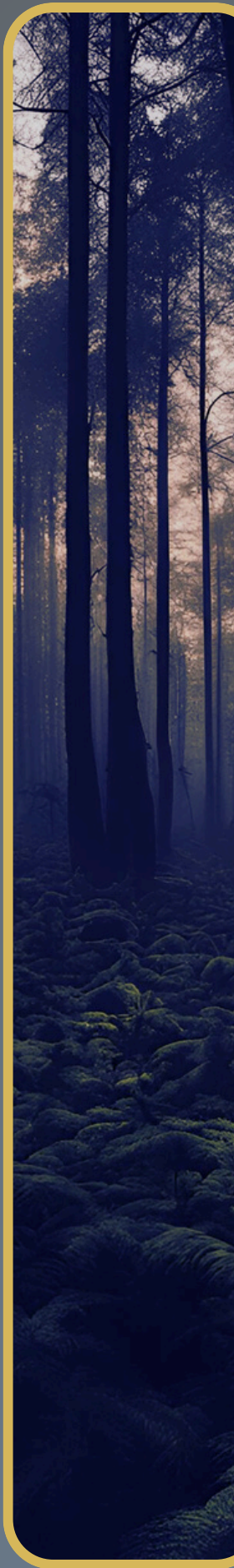
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UNDERSTANDING GROUNDING

WHAT IS GROUNDING?

Grounding is a practice that helps you reconnect with the present moment. When life feels chaotic, grounding can provide stability by activating your parasympathetic nervous system, which is responsible for rest and recovery. Grounding techniques anchor your awareness in the "here and now," helping you manage stress and anxiety.

HOW GROUNDING IMPACTS MENTAL WELLNESS

- Reduce feelings of overwhelm.
- Help regulate your emotions.
- Foster a sense of safety and control.



CREATING MOMENTS OF STILLNESS

Everyday life can feel chaotic, but small, mindful actions help us reclaim a sense of calm. This section explores how intentional rituals can create space for stillness, offering an anchor amid the noise of daily life.

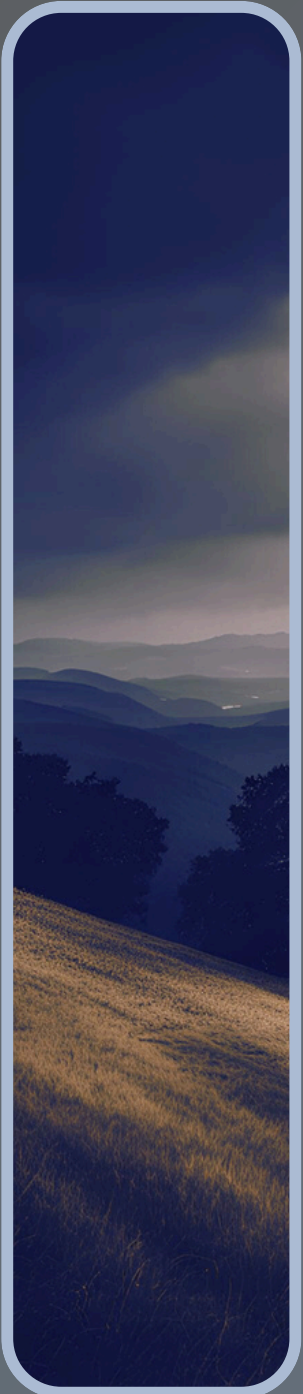
*"At the still point,
there the dance is,
But neither arrest
nor movement."*



3 REASONS TO SEEK OUT THERAPY

- 1** Quiet the chaos, reconnect with your inner self.
- 2** Find clarity amidst life's overwhelming noise.
- 3** Discover balance in your personal still point.

DAILY RITUALS FOR MENTAL WELLNESS



"At Still Point, we believe small, intentional practices can profoundly impact your mental wellness."

THE POWER OF SMALL ACTIONS

Daily rituals don't have to be time-consuming to be effective. Small, intentional actions help you create moments of stillness, build resilience, and establish a foundation of mental clarity.

MORNING GRATITUDE PRACTICE

Write down three things you're grateful for each morning to start your day with positivity.



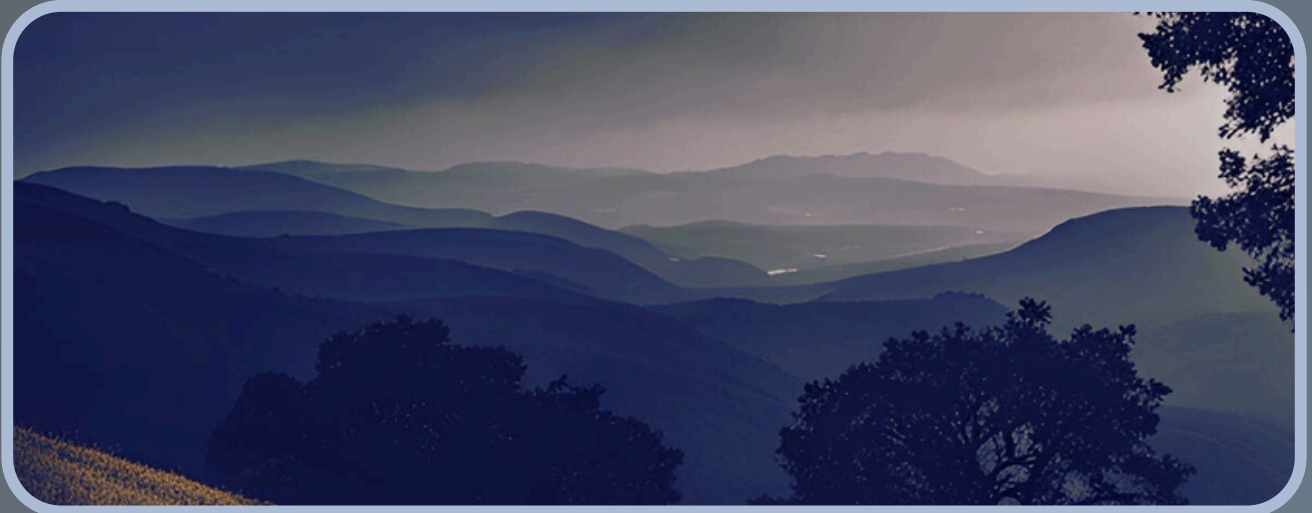
MINDFUL BREATHING

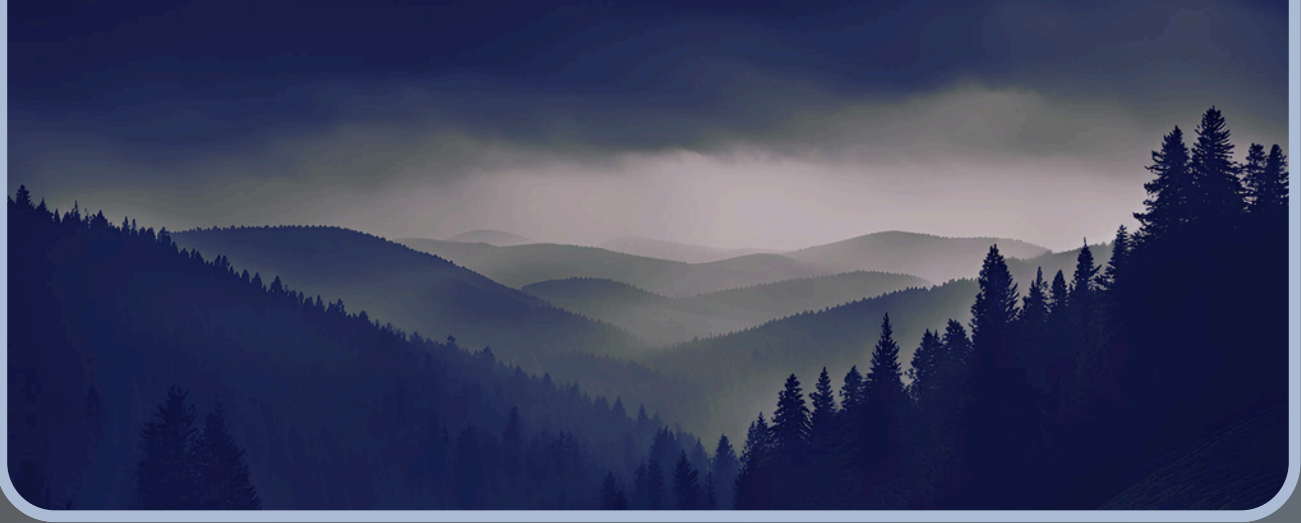
Spend 2-5 minutes focusing on your breath.



SENSORY CHECK-IN

Use the 5-4-3-2-1 method to ground yourself in the present moment.





STILL POINT PRACTICES

Discover practices that help you cultivate a deeper sense of connection with yourself. These exercises are designed to ground you in the present moment, reduce stress, and bring clarity to your inner world. Explore these tools to uncover your unique path to stillness and balance.

FOUR INDICATORS YOU'RE READY TO BEGIN THERAPY

- 1** You Feel Stuck
- 2** Your Relationships are Feeling the Strain
- 3** Your Coping Mechanisms aren't Cutting It
- 4** You're Curious About Yourself

EXERCISE 1: PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation helps release tension in your body and promotes a sense of calm.

- 1. Find a Comfortable Position:** Sit or lie down in a quiet space.
- 2. Tense Each Muscle Group:** Start with your feet. Tense the muscles as tightly as you can for 5 seconds.
- 3. Release the Tension:** Quickly let go and notice the sensation of relaxation.
- 4. Move Up the Body:** Progressively tense and relax each muscle group — legs, abdomen, arms, shoulders, and face.
- 5. Finish with Deep Breathing:** Take a few slow, deep breaths to end the practice.



EXERCISE 2: 5-4-3-2-1 GROUNDING

Identify:

5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

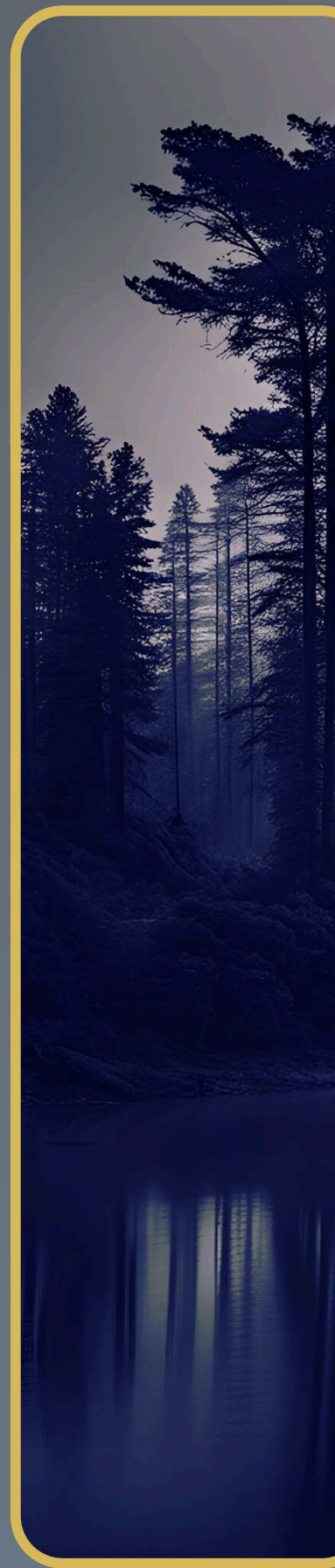


"These exercises are designed to ground you in the present moment, reduce stress, and bring clarity to your inner world."

EXERCISE 3: INTERNAL FAMILY SYSTEMS (IFS) EXPLORATION

IFS is a practice of exploring and understanding the different parts of ourselves. This exercise helps you connect with your inner world:

- 1. Find a Quiet Space:** Sit comfortably and take a few deep breaths.
- 2. Identify a Part:** Reflect on a feeling or thought that has been prominent (e.g., "I feel anxious" or "I keep criticizing myself").
- 3. Get Curious:** Imagine this part of you as a distinct "individual." What does it look like, sound like, or feel like? What does it want you to know?
- 4. Offer Compassion:** Thank this part for trying to help you. Notice how it responds.
- 5. Journal Your Insights:** Write about what you discovered during this exploration. What did this part reveal? How can you care for it?



EXERCISE 4: JOURNALING PROMPT

Take a few minutes to reflect and write about:

What noise in my life feels most disruptive right now?

When was the last time I felt truly calm and present?

What small action can I take today to reconnect with my still point?





PRACTICAL TIPS FOR INTEGRATION

BUILDING YOUR RITUALS

Start small: Choose one ritual to try for a week.

Be consistent: Practice at the same time daily to build a habit.

Create reminders: Use alarms, sticky notes, or calendar prompts.

JOURNALING REFLECTIONS

What grounding technique worked best for me this week, and how did it make me feel?

What challenges did I encounter, and how can I address them?

What does my still point feel like, and how can I nurture it?

How do I respond to stress, and what can I do to ground myself during challenging times?

What's one thing I can let go of to create more peace in my life?

WE INVITE YOU TO CONTINUE THE JOURNEY

Congratulations on taking the first step to disrupt the noise and discover your still point. If you're ready to dive deeper into this work, I'd love to support you. At Still Point Therapy, we help individuals like you navigate life's complexities with compassion and evidence-based practices.

NEXT STEPS

Visit our website & *schedule a free consultation* to explore how therapy can support your journey.

Follow our socials to stay connected with Still Point — all social (Instagram & Facebook) handles are @thestillpointtherapy.



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THERAPY WITH

Denny Cash

It's about busting through the chaos and getting real.

Together, we'll explore the different parts of yourself — uncovering what's loud, what's quiet, and what's driving your story. Using a trauma-informed and grounded approach, we'll disrupt the noise of judgment and overwhelm, creating space for clarity, balance, and belonging.

IFS is our guide, helping you connect with your still point — the calm at the center of it all. It's not about fixing; it's about discovering who you already are beneath the surface.



SCHEDULE A CONSULTATION WITH DENNY

During the consultation, Denny will:

- ask more about what brings you to therapy
- tell you a bit about his therapeutic approach
- answer any questions you may have

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