

# Regulation

When you become aware that you are getting stressed or over anxious, try to take a few minutes out to go through a short regulation routine. This can help reduce your adrenalin level and put you in touch with a clearer way of thinking. You can also do this at times when you don't 'need' it, as practice, so when you do need it, you will be more likely to remember this as a way of helping yourself.

This is different from relaxation. So you don't have to close your eyes, just focus them on something and if that doesn't feel like quite the right thing, you can always change your focus to something else. If you want to close your eyes, that's fine.

## Grounding

Firstly, be aware of your feet on the floor. Sounds simple, but it is important to be grounded. If you are sitting with your legs crossed, uncross them and feel the soles of your feet connected with the ground. Be aware of how the chair supports your legs and back – let it hold you and let the ground support your feet.

## Centring

Now your spine. Sit up straighter, lengthen your spine, stretch it a bit. Feel how it supports your body.

## Breathing

Take your awareness to your breath. Just notice how fast or slow you are breathing, how shallow or deeply into your lungs you are breathing, where in your body do you most feel the breath going in and out? Your nostrils, stomach, chest? Focus on this point as you breathe.

Now breathe deeply into your lungs through your nose, counting (it doesn't matter how much) – hold it for a moment, then breath out through your mouth counting twice as much. Really try to empty your lungs completely so that the next breath fills them with new air. Breathe deeply in through your nose, counting, hold a moment, breath out through your mouth counting twice as much - squeeze in your diaphragm as you breath out so your lungs are completely empty, hold for a moment then breathe in through your nose again the same as before. Do this for a few more breaths. Focus on your breath and counting in and out. *(The point of this is that it has the effect of lowering your adrenalin level. The counting is important as it helps to reconnect with the logical, rational part of your brain.)*

Now breathe normally. Notice whether there are any changes, or not. Any thoughts or feelings that intrude, be aware of them, name them and let them pass. **Thoughts are not facts** and they come and they go.

## Orienting

The final thing is orienting. Look around you and name five things you see, really notice them, the shape, colour, shadow etc.. Now five things you hear (it may be there are not five, so it doesn't matter if you repeat anything). Now name five things you feel with your body i.e. your hand on the chair, an itch on your nose.....  
If you want to, you can repeat this with four things you see/hear/feel, then three, then two then one. *(This is to bring you into the present, the here and now.)*