

## 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 practise, 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 don't close your eyes, just focus them on something and if that doesn't sound like quite the right thing, you can always change your focus to something else.

### **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 and let yourself sink into the chair - let it hold you and let the ground support your feet.

### **Centring**

Now your spine. Sit up straighter, lengthen your spine and stretch it a bit. Feel how it is supported by the chair and how it supports your body.

### **Breathing**

Take your awareness to your breathe. Just notice how fast and slow you are breathing, how shallow or deeply into your lungs you are breathing, where in your body do you most feel the breathing?

Now breathe deeply into your lungs through your nose counting to three - hold it for a moment, then breathe out through your mouth counting to six. Really try to empty your lungs completely so that the next deep breathe fills them with new air. Breathe deeply in through your nose for a count of three, hold a moment, breathe out for six through your mouth – squeeze in your diaphragm as you breathe out so your lungs are completely empty, hold for a moment then breathe in through your nose again for a count of three, etc. Do this for a few more breaths. Focus on your breathe and counting in and out. *(The point of this is to empty your lungs as you breathe out so breathe out twice as long as you breathe in. You may want to extend it, so you breathe in for four/out for eight or in for five/out for ten.)*

Now breathe normally. Notice if there are any changes or not. Any thoughts or feelings that intrude, be aware of them, name them and let them pass.

### **Orienting**

The final thing is orienting. Look around you and name five things you see. Really notice them, their shape, colour, 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 ie: your hand on the chair, an itch on your nose... If you want to, you can repeat this with four things, then three, then two then one.