



Centering Focus on Feet Breath Sounds: INSTRUCTIONS 2g

PLEASE NOTE THAT THIS TACTIC ALSO SERVES TO HELP GROUND US IN THE PRESENT MOMENT

Centering Focus Training

Further to just regulating tension, this type of exercise is about building the 'mental muscle' of directing your attention to where you want it to be. Over time this has additional benefits for lowering overall reactivity to triggers, increasing overall composure and more mental focus and capacity. The steps are quite simple, yet the practice takes time, as the mind will tend (as it does) to wander off. This is normal and may wander a few times or many times. However, the act of bringing one's attention back to an 'anchor point' such as the feet, the breath or sounds, is actually part of what makes this exercise effective in the longer term.

1. In this exercise you will focus on a specific 'anchor' or focus point (your choice of the feet or breath or sounds) - just being aware of what's happening as it's happening.... AND
2. Keep escorting your attention back to this same focus each time you notice it's wandered off
3. While at the same time, doing this in a relaxed, easy going and non-judgement manner, just letting whatever is there, just be there, without having to fix or change it. Just being aware and allowing the experience.

Set a timer for 5-10 minutes and follow these INSTRUCTIONS

Centering (focusing / anchoring) on the Feet:

- Adopt an upright and alert posture, standing comfortably, allowing your muscles to loosen
- Bring your awareness to the feeling of your feet touching the ground or floor below you
- Paying attention to all the sensations you notice, of touch, pressure, temperature
- Keep returning your attention to the feeling of your feet and the points of contact, the soles of the feet, the heels, the toes
- *Now, with your feet flat on the ground, shifting your centre of gravity, leaning your body forward, noticing which muscles activate to support you... then coming back to centre, aware of how the body feels just being still*
- *Again, with your feet flat on the ground, leaning your body backwards, noticing which muscles activate to support you... then coming back to centre aware of how the body feels just being still*
- *Now leaning forwards and backwards a few times, paying close and curious attention to the changing patterns of sensation on the soles of your feet... noticing if the changing sensations of pressure as you shift your centre of gravity, from heels to toes, toes to heels*
- Keep returning your attention to the feeling of your feet on the floor, here and now
- It is normal for the mind to wander, simply acknowledge where the mind went and bring your attention back to the sensations in the feet connected to the floor or ground
- To complete this exercise, broaden your awareness to take in the sensations in your whole body and noticing your surroundings.

Centering (focusing / anchoring) on the Breath:

- Adopt an upright and alert posture, either sitting or standing, allowing your muscles to loosen
- Taking a few slower, deeper breaths, then allowing your breath to just return to normal and breathe by itself. You don't have control the breath in anyway, just be aware of the sensation of breathing
- Notice the way you are breathing now, the rise and fall of your chest, the air going past your nostrils, all the way in to your lungs and into the belly and all the way out again
- Just paying attention to the changing sensations in your abdomen (tummy) as you breathe, paying attention to where you feel the working of the breath most easily
- Noticing the sensation of gentle inflation as you breathe in and abdominal walls expand, and the sensation of gentle deflation as you breathe out and the abdominal walls contract
- Keep returning your attention to the sensations of breathing
- Perhaps saying in your mind, I'm aware of just this breath.... this breath in.... and this breath out
- It is normal for the mind wonder, simply acknowledge where the mind went and bring your attention back to the sensations breathing, here and now
- To complete this exercise, broaden your awareness to take in the sensations in your whole body and noticing your surroundings.

Centering (focusing / anchoring) on Sounds:

- Adopt an upright and alert posture, either sitting or standing, allowing your muscles to loosen
- Taking a few slower, deeper breaths, then allowing your breath to just return to normal and breathe by itself.
- Open up to all the sounds you can hear around you, sounds in the room and outside the room
- Allowing the sounds to come to you, sounds from far away and sounds that close to you
- Listening to sound just as sound, allowing the sounds to just be there
- Listening to each sound
- Keep returning your attention to the being here and now, listening to all the sounds around you
- Each sound
- It is normal for the mind wonder, simply acknowledge where the mind went and bring your attention back to the sensations of sound, here and now
- If one particular sound is pulling for your attention, acknowledge this, allowing it to be there and when ready, returning your attention to being here and now, listening to all the sounds around you
- Listening to sounds near you and sounds far away
- To complete this exercise, broaden your awareness to take in the sensations in your whole body and noticing your surroundings.