



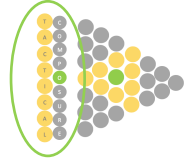
# Take 5 Grounding Exercise: 2j

Combining five standalone tactics for composure & attention regulation

**PAUSE:** Recognise & Regulate

## A. Acknowledging

- *Pausing to note what's happening in this moment; what thoughts & sensations are here?*
- I'm aware my attention went to... or I have just been focused on...
- I'm aware...I'm having the thought that..
- I'm aware of the sensation/feeling of...
- I accept that it's already there
- I'm now out of autopilot



## B. Breathing Body Scan

- Begin to breathe a bit more deeply and slowly,
- Noticing the air going all the way in and all the way out
- Relaxing the stomach muscles / diaphragm
- Pacing your breathing with your favourite sequence
- Relaxing the muscles from top to toe, allowing your whole body to settle
- Noticing areas of tension or discomfort and relaxing them as you breathe out

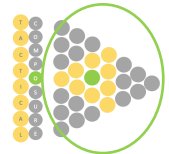
## C. Centering

- Becoming aware being here and now, aware of a sense of gravity and centre of gravity
- Observing your body, facial expression and posture
- Bringing your attention back to moment; accepting that mind-wandering is normal
- Noticing contact points with the surface below you
- Grounding with your feet, feeling the contact with the ground/floor
- Noticing sounds in and outside this space, noticing your breathing
- Observing only, with no need to fix or change things
- Stretch or move (even subtly) to shift gears

## D. Directing

- Direct your attention to where it needs to be now/next
- Use questions to activate control centre in brain
  - *What's the task at hand (priority)?*
  - *What's the most sensible action I can take now?*
  - *Where should my attention be right now?*

**PLAY:** Refocus & Respond



## E. Engaging

- Engage: Start or continue action if ready
- Exit: tactical withdrawal to seek advice or try another tactic (plan B)

## Key Composure Check-in Questions

- A. Where did my attention go?
- B. How is my breathing and my body?
- C. How centred and grounded am I now?
- D. Where do I want my attention to go next?
- E. Am I ready to engage/continue - or do I need plan B?

## **NOTES:**

Part of this exercise involves the following aspects of 'attention regulation'

- Recognise (acknowledging) where attention has gone.
- Re-gathering attention in this moment.
- Redirecting attention to where it needs to be.

For operational personnel (such as first responders) who are exposed to graphic details and intensive scenarios and incidents we recommend using the following, in order to maintain present-ness and safety:

- Breathing deeply, in a relaxed and mindful way
- Brief body-scan to relax – releasing muscle tension from top-to-toe
- Centering on the feet, body and centre of gravity / grounding in the physical body in the moment

## **Mindset Tips:**

- Be intentional, curious, open and patient.
- Practice versus perfection.
- A choice to exercise (or test out) this composure tactic, regardless of what's been happening and what's around.