

## TRIGGER



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## TACTIC



Recognising, Regulating, Refocusing, Reframing, Rehearsing, Reconnecting

## TRIGGER



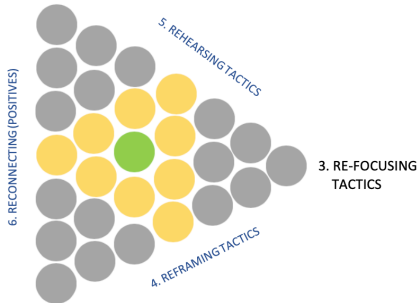
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## TACTIC

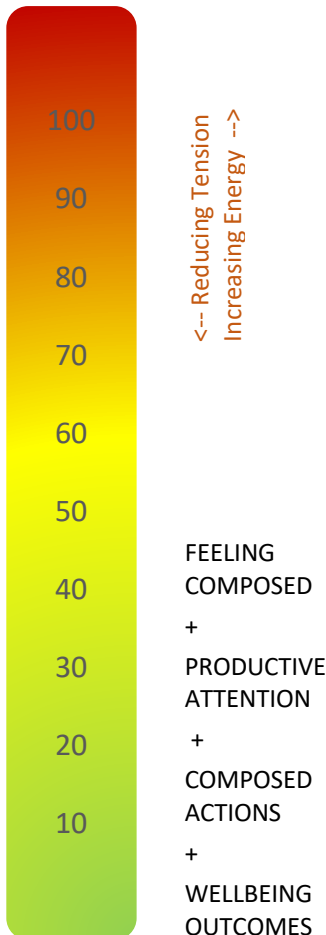


Recognising, Regulating, Refocusing, Reframing, Rehearsing, Reconnecting

## 1. RECOGNISING TACTICS



## 2. REGULATING TACTICS



## THE TAKE 5 GROUNDING EXERCISE

### A. Acknowledging

- I'm aware that my attention went to..
- I'm aware of...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 of being here and now
- Observing your body, expression and posture
- Bringing your attention back to this moment; accepting that mind-wandering is normal
- Noticing contact points with the surface below
- Grounding with your feet, feeling the contact with the ground/floor; sensation in the soles
- Noticing sounds in and outside this space, noticing your breathing
- Observing only - 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 best sensible action now?
  - Where should my attention be now?

### E. Engaging

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