

# Settle

*Find a quiet place: If you are around other people, excuse yourself.*

*Resource: Find an internal resource your body experiences as safe, soothing or pleasurable. This can be a person, place or thing. Intentionally connect with it and allow yourself to be in it's presence.*

*Breathe: Take a deep breath in through your nose while pushing your navel out. Breathe out through your mouth while pulling your navel in to your spine.*

*Hum: After 3-4 deep breaths, begin humming on your exhale , slow and deep. Play with different sounds*

*Notice: After a few minutes of breathing and humming, pause and notice what is happening in your body. Do you feel any constriction? How fast is your heart beating? Is there tension in your joints?*

*Accept: Stay with any discomfort that arises and notice when it changes. Don't try to push it away, flee from it or analyze it. Remind yourself that the discomfort is your body trying to protect itself. We must move through it in order to heal.*

*Stay: Remain in the present and bring your attention back to your body and the here and now . Each time your mind wanders it is an opportunity to refocus.*

*Ground: When you are ready, open your eyes and look around you. Notice 3 colors and 3 shapes. Turn your head and your waist to the left and then to the right.*

*Move: Allow yourself to experience your body's natural urges and then discharge them. Examples; walk, dance, jump, shake, or follow natural urges as long as it isn't harmful to you or anyone else.*

