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SLOW DOWN

Take 10 steps very slowly, noticing any sensations on the bottom of your feet.

CONNECT TO BODY

Cross your arms and ankles, tuck hands under armpits, lower head, and breathe.

ORIENT

Slowly look around, noticing colors and shapes. Let your gaze rest on something pleasant or comforting, like a brief visual vacation.

PENDULATE

Notice a place of ease in the body and a place of tension. Slowly shift attention between ease - tension - ease.

ENGAGE

Engage socially. Connect with someone who can support you.

STEP 1

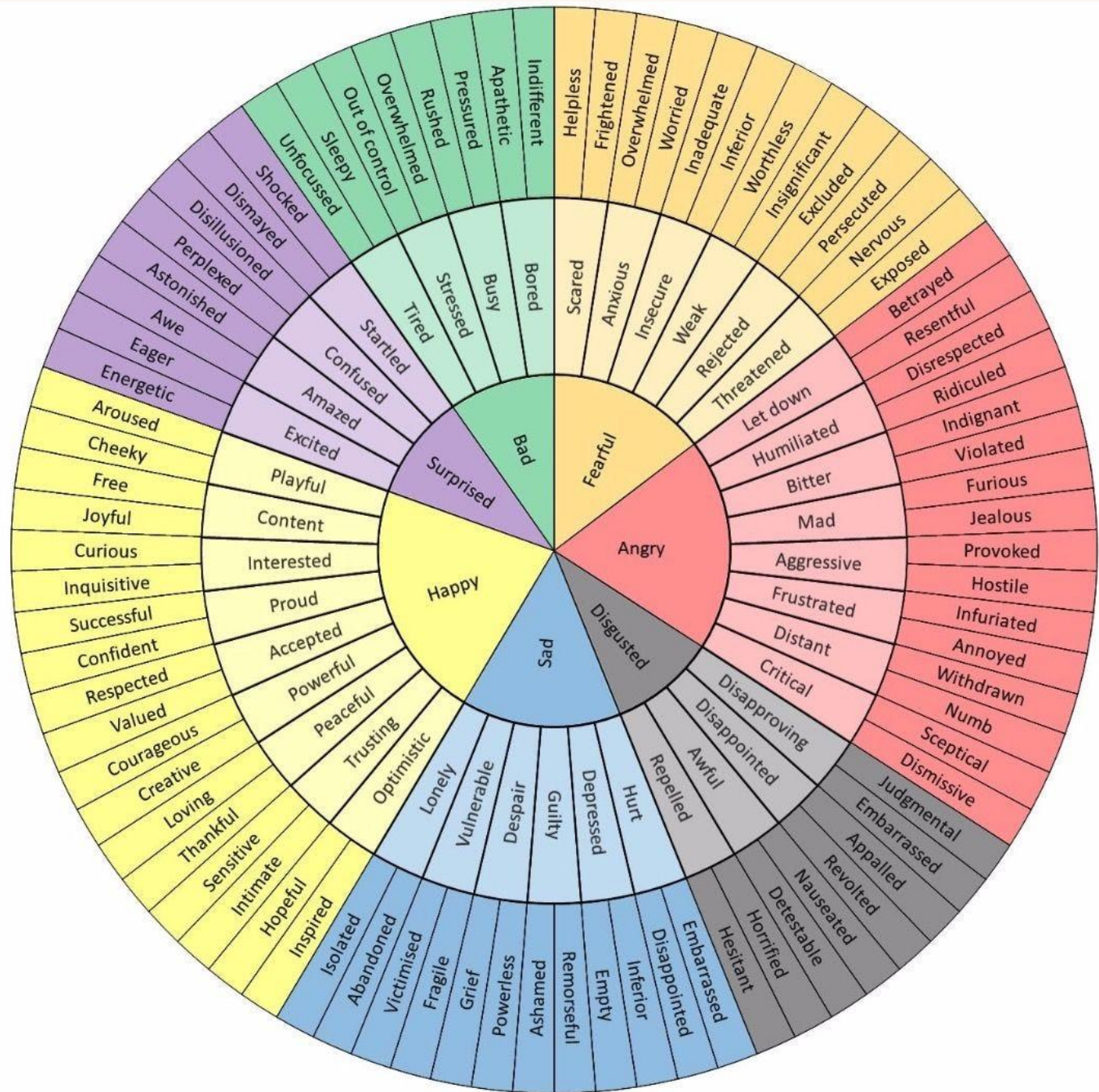
Name it to tame it.

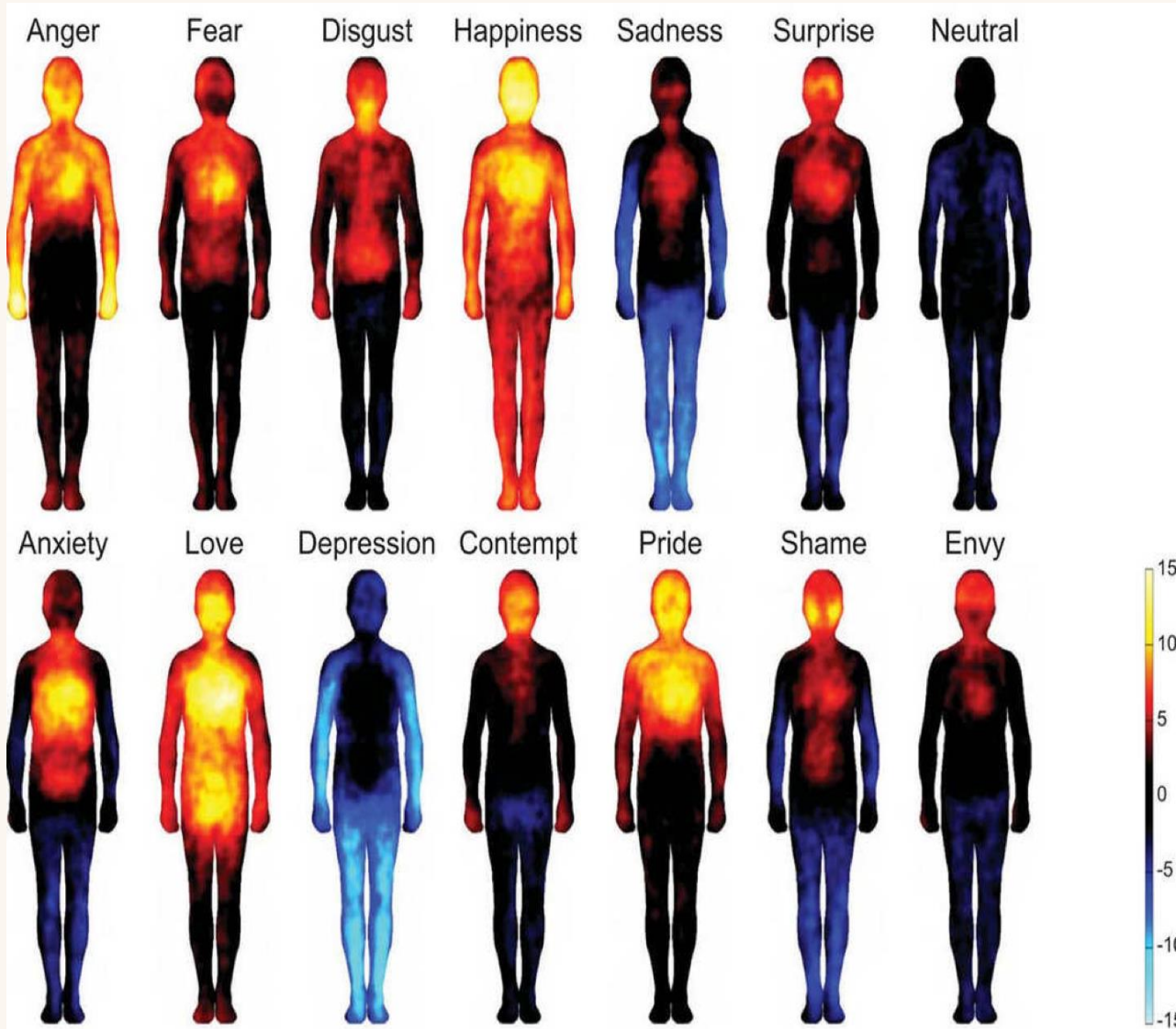
Resist persists.

LABELING EMOTIONS

Identify and validate what you're feeling.

Use the wheel to find the most precise word — “disappointed” lands differently than “upset.”





STEP 2

Emotions in the Body

FINDING SENSATION

Feel emotions as body sensations — not as thoughts about emotions.

Tight chest? Heavy shoulders? Heat in the face?

STEP 3

Soften, Soothe, Allow

*A practice for caring for ourselves **because** we have difficult emotions — not in spite of them.*

SOFTEN the body around the emotion. Loosen the bracing.

SOOTHE yourself with a hand on the heart, a kind word, a slow breath.

ALLOW the feeling to be here. No need to fix it, fight it, or make it leave.

GROUNDING PRACTICE

Drop Anchor

When a difficult emotion pulls you out to sea, drop anchor.

Move through ACE — Acknowledge, Connect with body, Engage in what matters — to come back to steady ground.

