



PHYSICAL



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Run cool or warm water over your hands.

Grab tightly onto your chair as hard as you can.

Notice the sensations and the experience.

Touch various objects around you.

Notice textures, colors, weight, temperature, and compare the objects you touch.

Carry a grounding object in your pocket.

A small object that you can touch whenever you feel unpleasant emotions rising.



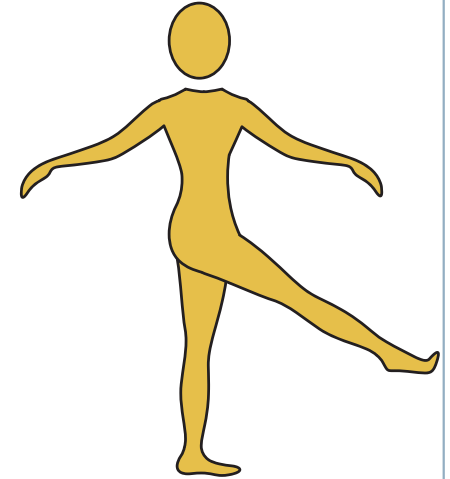
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Notice your body.

Ex. Focus your attention onto the weight of your body in the chair, the feel of your back against the chair; wiggle your toes.

Stretch.

Extend your fingers, arms, legs as far as you can. Slowly and gently roll your head around.

Clench and release your fists.

Also try tensing and releasing different parts of your body (face, toes, shoulders).

Jump up and down.



PHYSICAL



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Eat something in a savoring way.

Fully experience the food using all of your senses.

Focus on your breathing.

Notice each inhale and exhale. Repeat a pleasant word to yourself on each exhale.