



BODY SCAN PAUSE

Instructions:

Find a comfortable seated or lying position.

Gently close your eyes, if you'd like.

Starting at the top of your head, slowly guide your awareness down through your body, simply noticing sensations as they are.

Practice:

Take a moment at each area—face, shoulders, chest, hands, stomach, legs, and feet. Gently notice any sensations, tension, or areas of ease, allowing them to be as they are.

Prompts:

- Where in your body do you notice the most ease or relaxation?
- Did anything stand out or surprise you as you moved through the scan?

BREATHING EXERCISE

Instructions:

Breathe in slowly through your nose, noticing your belly gently rise.

Breathe out through your nose, allowing your body to relax with each exhale.

Continue for 5-10 breaths at a comfortable pace.

Tip:

You may place a hand on your abdomen to stay connected to the rhythm of your breath.



WALL PUSH

Instructions:

Stand facing a wall and place your palms against it at shoulder height.

Step back slightly until you feel a gentle lean into your hands.

Practice:

Push into the wall with steady pressure for a few seconds, then release.

Pay attention to the sensation of effort and the shift that happens when you let go.

Prompts:

- What changes do you notice in your body before and after the push?
- Do you feel more grounded, steady, or supported afterward?

EYE MOVEMENT RESET

Instructions:

Sit comfortably and keep your head still.

Gently move your eyes from left to right, allowing your gaze to sweep across your field of vision.

Practice:

Repeat this motion several times.

Then, slowly move your eyes up and down, maintaining a steady, relaxed breath.

Prompts:

- What do you notice in your body as your eyes move?
- Do you feel more alert, calm, or focused afterward?

BAREFOOT GROUNDING

Instructions:

Find a safe, natural surface such as grass, sand, or soil. Stand or sit with your bare feet in contact with the ground, allowing your toes to spread naturally.

Practice:

Take slow, steady breaths.

Notice the texture, temperature, and firmness beneath your feet.

Prompts:

- What sensations do you notice in your feet and legs?
- Does being barefoot help you feel more connected to your body or your surroundings?

HAND ON HEART

Instructions:

Place your hand over your heart and take a slow, steady breath in.

Notice the gentle rhythm of your heartbeat beneath your palm.

Exhale softly, allowing your body to settle.

Practice:

Continue for several breaths, bringing your attention to the warmth and steady rhythm under your hand.

Prompts:

- What emotion are you holding right now?
- What does your heart need to hear today?

BUTTERFLY HUG

Instructions:

Cross your arms over your chest, resting your hands just below your collarbone.

Gently tap your hands on your upper chest in an alternating pattern.

Practice:

Continue tapping for a few minutes, allowing yourself to find a pace that feels soothing and steady.

Prompts:

- What physical sensations do you notice?
- What supportive or calming words can you offer yourself?

PROGRESSIVE MUSCLE RELAXATION

Instructions:

Gently raise your shoulders and tense the muscles in your upper body.

Hold for a few seconds, then slowly release, allowing the tension to soften.

Practice:

Repeat this several times. If you'd like, continue with other muscle groups, gradually moving down your body.

Tip:

Move at a comfortable pace, noticing the contrast between tension and release.

SOMATIC SWAYING

Instructions:

Stand with your feet about hip-width apart.

Allow your body to gently sway from side to side, keeping your breath slow and steady.

Practice:

Continue for as long as it feels supportive, letting your body find a natural rhythm.

Prompts:

- What do you notice in your body as you sway?
- Is there a way to make this movement feel more comfortable or enjoyable?

SHAKE IT OUT

Instructions:

Stand comfortably and take a slow breath in and out. Begin gently shaking your arms, hands, and shoulders. Allow the movement to spread to any part of your body that feels natural.

Practice:

Continue for as long as it feels helpful, letting your body move in a way that feels right for you.

Prompts:

- How does your body feel after shaking?
- What changes do you notice in your mind?

FINGER TAPS

Instructions:

Take a few slow, steady breaths.

Begin tapping your thumb to each fingertip on the same hand—index, middle, ring, and pinky.

Practice:

Repeat the sequence several times, noticing the sensation in your fingers.

Tip:

You may find a gentle rhythm helpful. Switch hands if you'd like.

VOCAL VIBRATION (BUZZING BREATH)

Instructions:

Sit comfortably and take a slow breath in.

As you exhale, gently hum or buzz, allowing the sound to resonate in your chest and throat.

Practice:

Repeat for several breaths, exploring different tones or volumes if it feels natural.

Prompts:

- Where do you notice the vibration in your body?
- Does the sound feel calming, energizing, or something else?

BREATH & GRATITUDE PAUSE

Instructions:

Find a quiet moment and sit comfortably.

Take a few slow breaths, placing a hand on your chest or abdomen to feel each inhale and exhale.

Practice:

With each breath, bring to mind something you're grateful for, allowing the feeling to settle as you breathe.

Prompts:

- What are you grateful for in this moment?
- How does that sense of gratitude feel in your body?

FACIAL TENSION RELEASE

Instructions:

Take a slow breath in and gently scrunch your face, tensing your eyes, forehead, mouth, and jaw.

Exhale slowly, allowing your facial muscles to soften and release.

Practice:

Repeat a few times, noticing how your face relaxes more fully with each breath.

Prompts:

- What do you notice after relaxing your face?
- Are there other areas of your body that could soften in a similar way?

ARMS RISE & FALL BREATH

Instructions:

Sit or stand comfortably.

As you breathe in, slowly raise your arms overhead.

As you exhale, gently lower them back down.

Practice:

Match your breath to the movement—inhaling as your arms rise, exhaling as they fall.

Move slowly, allowing your breath and body to stay in sync.

Prompts:

- What do you notice in your body as you move with your breath?
- Does this movement shift your energy in any way?

HUG A PILLOW

Instructions:

Sit or lie down in a quiet, comfortable space.

Wrap your arms around a soft pillow or cushion, holding it close to your chest or abdomen.

Practice:

Allow yourself to settle into the sensation of holding the pillow, as if giving or receiving a gentle hug.

Take slow, steady breaths.

Prompts:

- What feelings come up as you hold the pillow?
- Does the pressure or softness help you feel more at ease?

PALM PRESS & RELEASE

Instructions:

Sit or stand comfortably.

Bring your palms together and apply gentle pressure for a few seconds.

Practice:

Slowly release and separate your hands.

Notice any sensations in your palms and fingers as the pressure fades.

Prompts:

- What do you notice as you release the pressure?
- Do your hands feel warmer, lighter, or different in any way?

TACTILE OBJECT GROUNDING

Instructions:

Choose a small object nearby, such as a stone, coin, or soft cloth.

Hold it in your hand and bring your attention to its texture, weight, shape, and temperature.

Practice:

Gently move or roll the object between your fingers, keeping your focus on the sensations for one to two minutes.

Prompts:

- What do you notice in your hand and body as you hold the object?
- Does anything about the object feel comforting or interesting?

SELF-COMPASSION BREAK

Instructions:

Place your hand over your heart or another area that feels supportive.

Gently say to yourself:

“This is a moment of difficulty.”

“Difficulty is part of being human.”

“May I be kind to myself.”

Practice:

Take a few slow breaths and reflect on what you need in this moment.

Allow yourself to acknowledge your experience with care and understanding.

Tip:

If it feels more supportive, you can place your hand elsewhere or give yourself a gentle hug.

OCEAN BREATHING

Instructions:

Close your eyes if comfortable and breathe in slowly through your nose.

As you exhale through your mouth, gently constrict the back of your throat to create a soft, steady sound.

Practice:

Continue at a steady pace, allowing your breath to mirror the rhythm of ocean waves.

Rest your attention on the sound and sensation of each breath.

Prompts:

- How does the rhythm of your breath feel in your body?
- Is there anything you'd like to release with each exhale?

TRACE THE EDGES

Instructions:

Choose an item near you—such as a leaf, book, or cup. Using one finger, slowly trace along its outer edges, allowing your movement to be steady and intentional.

Practice:

As you trace, notice each curve, corner, and line. You may match your breath to the movement—inhale as your finger moves upward, exhale as it moves downward.

Prompts:

- How does it feel to slow down and notice the details?
- What textures or shapes stand out to you the most?

HUMMING AND TONING

Instructions:

Close your eyes if comfortable and take a slow, deep breath in.

As you exhale, gently hum or make a soft “ah” sound, noticing the vibration in your chest and face.

Practice:

Continue for several breaths, allowing the sound to be steady and natural.

You may explore different tones or volumes as it feels comfortable.

Prompts:

- What do you notice in your body as you create sound?
- How does your body feel after a few minutes of humming?

TEMPERATURE RESET (COLD WATER OR OBJECT)

Instructions:

Hold a cool object or run your hands under cold water. Bring your attention to the sensation of temperature against your skin.

Practice:

Keep your focus on the coolness for 30–60 seconds, allowing your breath to slow naturally.

Prompts:

- What do you notice in your body as the temperature shifts?
- Does the sensation help interrupt or shift your emotional state?

SEATED GROUND PRESS

Instructions:

Sit with both feet flat on the floor.

Press your feet firmly into the ground and place your hands on your thighs.

Practice:

Gently push your feet downward and your hands into your legs for a few seconds, then release.

Repeat several times, noticing the sense of support beneath you.

Prompts:

- What do you notice in your legs and lower body?
- Do you feel more stable or supported after pressing into the ground?

ORIENTING TO THE ROOM

Instructions:

Pause and gently look around your environment.

Allow your eyes to land on different objects without rushing.

Practice:

Name (silently or out loud) 5 things you can see, 4 things you can feel, 3 things you can hear.

Prompts:

- What stands out to you in your surroundings?
- Does this help bring you more into the present moment?

NECK RELEASE

Instructions:

Sit or stand comfortably.

Slowly tilt your head to one side, bringing your ear toward your shoulder.

Practice:

Hold for a few breaths, then gently return to center and switch sides.

Move slowly, without forcing the stretch.

Prompts:

- What sensations do you notice in your neck and shoulders?
- Does this movement create any sense of relief or softening?