

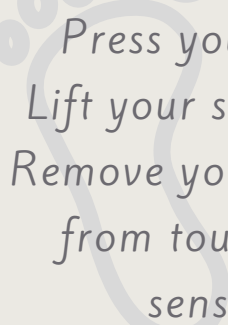
# Emotion Stabilization

## How to Soothe our Bodies to Ease our Mind

*Below are descriptions of body-based emotion stabilization skills. Try each of them, reflect on how you feel, and utilize what works for you.*



### Body Scan



*Press your feet into the floor. Feel your spine rise up and straighten. Lift your shoulders up towards your ears and ease them down your back. Remove your tongue from the roof of your mouth and separate your teeth from touching. Take a deep inhale and generous exhale. Focus on the sensation of your grounded feet for 5 full rounds of breath.*

### One Mindfulness


*Look around and name 5 things you see. Observe each thing your eyes come across. Select one item and keep attention there for a few breaths.*

*Listen and name 4 things you can hear. Focus on all sounds. Select one item and keep attention there for a few breaths.*

*Name 3 things you can touch. Observe each item's texture and imagine what it may feel like to touch. Maintain attention there for a few breaths.*

### Mindful Breathing

*Triangle Breathing – Breathe in for a count of 4. Hold your breath for 4. Breathe out for 4. Complete this cycle of breath 5x.*



*Even Breathing – Place hands together at heart center. Breathe in for count of 5, press each set of fingertips together. Breathe out for 5, press fingers to touch. Complete this cycle of breath 5x.*

*Open Body Breathing – Place one hand on your chest and the other on your belly. Inhale, send your breath into your belly and another breath up to your chest. Exhale, let your chest and belly deflate as your breath leaves your body. Avoid forcing the breath. Complete cycle of breath 5x.*

### Mindful Walking

*Select an accessible route to walk. Stand still and grow aware of how your body feels. Walk slow and observe all the parts of your body involved when walking. Take a few deep breaths while walking. When your mind wanders, refocus on walking. Do this for 5 - 10 minutes.*

*\*Optional: Say to yourself - right foot, left foot...*

### Mindful Movement

*Try these gentle yoga poses. Hold each for 3 full breaths.*

*Seated Meditation - Cat/Cow - Childs Pose - Down Dog - Forward Fold - rise up slow -*

*Mountain Pose - Side Stretch to right side & left side - Mountain Pose - Forward Fold - Ball Pose - Seated Meditation*

*Repeat up to 3x.*

*Each of these skills are here for you whenever you need them.  
Practice the options that feel most helpful to you.*