

1. Connect with your senses:

A helpful technique to stop feeling overwhelmed by strong emotions involves connecting with your senses.

- Take one long, slow, deep breath.
- Out loud, or in your head, name **3 things** that right now you can:
 - **see,**
 - **smell,**
 - **hear,**
 - **feel.**
- Take 3 long, slow, deep breaths.

2. Notice body sensations:

- Take one long, slow, deep breath.
- Push feet into the floor, feeling yourself connect with the solid surface you are standing on.
- Wiggle your toes, paying attention and noticing the sensations in your feet.
- If you are sitting, feel the chair under you and the weight of your body and legs pressing down onto it.

3. Connect with your body:

- Place your right hand on the top of your head and start to trace it around the physical outline of your body.
- Follow all the way down your leg to your foot, then start tracing up your other leg.
- Return your hand to the top of your head.
- Experience what it is like to be present in the world.