

Somatic resources: CENTERING



1. Try placing one hand on your heart and one hand on your lower belly. Sense the weight of your hands on your torso, the coolness or warmth of your hands. Take your time to notice what happens in your body as you place your two hands over your heart and belly.
2. Mindfully experiment with other hand positions on your torso to discover whether another position is more resourcing for you (e.g., place your hands on different areas of your torso or place both hands over your heart or over your belly, or press a pillow against your torso). Take your time to experience the effect of each position. Notice the quality of the touch, pressure, warmth or coolness, and the feel of your breathing. Be mindful of what happens in your body as you compare these positions to each other and to the position in #1.
3. Identify the position that feels “right” and is most centering for you.
4. Mindfully practice at least 3 times during the week when you feel triggered or upset, and record your experience below.

Trigger or situation that prompted resource	What was happening in your body when you felt triggered?	What happened in your body when you used the resource?
<i>Boss yelled at me about being late to work.</i>	<i>Heart pounding; blood rushing in my ears; felt very still</i>	<i>Breathing slowed; heart rate calmed; felt more settled and relaxed in my body</i>

Somatic resources:
CENTERING