

Long Exhale

Make the out-breath longer than the in-breath.

- In for a count of four, out for six or eight.
- Repeat a few times.

Physiological Sigh

Two short sips of air in through the nose, then a long slow exhale through the mouth.

Widen Your Gaze

Narrow vision signals threat. Wide vision signals safety.

- Soften your gaze and let it widen to the edges of what you can see, without moving your eyes.

Conscious Pause

- Notice the urge to react.
- Pause. Breathe.
- Take a moment to settle before you respond.

Rapid Reset

All four of the above brought together into one routine.

- **Widen:** Soften your gaze and let it spread to the edges of what you can see.
- **Long exhale:** Breathe in gently, then let the out-breath become longer and slower.
- **Pause:** Become present. Notice your body, your breathing and what's around you.
- **Slow:** Let your breathing, thinking and pace slow by one notch.

Pick-Me-Up

Gently increasing energy when you're flat or heavy.

- **Orient:** lift your eyes and look around.
- **Move:** a little movement — stretch, or a few steps.
- **Brighten the breath:** a slightly fuller in-breath.
- **Connect:** bring a safe person to mind, or reach out.

Body Scan

Notice what's happening in your body without trying to change it.

- **Start with your breath.** Where do you feel it most clearly — chest or belly? Notice its pace and whether it feels easy or effortful.
- **Notice your heartbeat.** Can you sense it in your chest, neck or hands? Or perhaps not at all.
- **Scan for tension.** Bring your attention to your jaw and around your eyes, then your shoulders. Notice tension or ease.
- **Move downwards.** Notice your stomach and gut — tight or settled, hollow or full, fluttering or still.
- **Notice temperature and energy.** Warm, cool or neutral? Revved up, flat, steady or somewhere in between?
- **Don't fix anything.** You're simply reading your current state.

If it becomes too much: open your eyes, look around the room and feel your feet on the floor.

Three-Centre Check

A decision tool that runs a choice through the head, heart and body.

- Become present and aware.
- Ask your head what it thinks about the issue.
- Drop into your chest — what does your heart feel?
- Drop into your belly — what does your gut sense?
- Drop back into pure awareness, hold all three, and let your system guide the decision.

Think Safe, Feel Safe

THINK SAFE · MIND

- ✓ Check: "Am I safe right now?"
- ✓ Notice what is true right now.
- ✓ Safe and supportive thoughts.

FEEL SAFE · BODY

- ✓ Soften posture and release tension.
- ✓ Open your gaze.
- ✓ Slow your breathing.

The Compassionate Witness

A feeling doesn't need fixing. It needs a compassionate witness who won't leave.

- **Notice** the feeling.
- **Allow** it to be here, without pushing it away.
- **Stay** with it, with kindness — "I'm here. You don't have to feel this alone."
- **Listen.** What's underneath it? Does it echo something older?

The Ninety-Second Wave

A feeling that isn't being fed passes far quicker than you'd expect.

- Drop out of the commentary and into the body. Feel the energy of the sensation itself.
- Let the blame, shame or judgement story go, as many times as it takes.
- Rise, Peak, Pass — that's a feeling doing what it's designed to do.

Safe Embodiment Practice

Developing body awareness, slowly and safely.

- **Feet and legs.** Notice their weight, fullness and solidity.
- **Hands and arms.** Notice their weight, fullness and presence.
- **Stay with what feels safe.** Don't force yourself into uncomfortable areas.

Presence Practice

Consciously being with whatever is happening.

- **Listen:** notice sounds appearing in your awareness, without effort.
- **Notice awareness:** the space in which they appear — already here.
- **Include the body:** notice your whole body within that same awareness.
- **Rest.** Nothing to change. Simply be here.

Pendulation

Moving gently between discomfort and safety, to build your capacity to stay present.

- **Notice** a mild area of discomfort, without trying to change it.
- **Return** your attention to somewhere safe, neutral or pleasant.
- **Move between them**, gently, letting your body set the rhythm.
- Only extend the uncomfortable period if it continues to feel safe.

Mirror Technique

Solo work for releasing the charge you're still carrying about someone.

- **Sit somewhere undisturbed.** Close your eyes and let the person appear in front of you.
- **Turn your awareness inwards.** What happens in your body, your heart and your thoughts?
- **Stay with what arises.** Don't explain it, justify it, or rehearse the argument.
- **Start small** — a mild irritation, not the deepest wound. Five minutes is plenty to begin with.

Processing Practice

A five-step method for feeling, locating, naming and listening to an emotion, so it can move through rather than being bottled up or acted out.

- **Feel it.** Drop out of the story and into the body.
- **Place it.** Notice your state — activated or flat — and whether it carries safety or threat.
- **Name it.** As precise a word as you can find.
- **Listen to it.** What is it trying to show you?
- **Let it unfold.** Stay a little longer without deciding what should happen.

NOTE: The individual practice steps themselves aren't that important. Practising them consciously, with presence and awareness, is the most important thing — because that's are what we're trying to cultivate.

Guided Audios

Body Scan

— 5 MINUTES

Rapid Reset

— 4 MINUTES

Pick-Me-Up

— 7 MINUTES

Safe Embodiment

— 9 MINUTES

Processing Practice

— 7 MINUTES

Presence Practice

— 6 MINUTES

Spacious Mind

— 11 MINUTES

Anxiety Relief

— 22 MINUTES

Evening Unwind

— 10 MINUTES

Back to Sleep

— 11 MINUTES