

Basic SE Exercises/Toolbox

Orienting to present

- 1-Orienting visually (slowly look around, moving your neck from side to side till you see something your eyes want to take in, notice what happens in you as you take in what you're seeing)
- 2-Orienting auditorily
- 4-Orient to a pleasant aroma in present time or by recall
- 3-Gentle movement of full or parts of body to ease freeze and tension (ex. move or rub face muscles, rub neck, move arms, move joints)

Tracking

- 1- check for body sensation— without getting attached to anything. Just be CURIOUS
- 2- Track Sensation and Emotions without dwelling on them or getting attached to them
- 3-Heart beat, breathing, blood flow, temperature in different parts of body
- 4-As tension or frustration level rises feel the sensations in you body. Squeeze it into a rolled up towel or a pillow

Shifting awareness between different sensations

- 1-Track sensation if it's an uncomfortable sensation (ex. tight, cold), shift awareness to an opposite of that sensation (ex. a place in your body that feels more comfortable). Go back and forth between the two and observe what happens.
- 2-Shift between sensation and image
- 3-Distancing disturbing images (backward binoculars)
- 4-Shift between sensation and emotion—if there is an emotion pay attention to the sensations and feel them change

Resourcing/Changing Body Sensations/Grounding/Anchoring

- 1-Soft Tongue (like a melting ice cube in your mouth)
- 2-Voo—take a gentle full breath in and say Vooooo slowly until you have exhaled all the way. Feel your belly vibrate, hear the sound. Then track how you're doing.
- 3-Voo/Ahhh—same as #2 and add gentle opening and closing of your mouth
- 4-Voo/Ahh with hands and arms pushing out for boundary development
- 5-Think about something more positive (a friend, a picture, a sound, a smell) and feel the associated sensations
- 6-Self-heart hug (right hand under left armpit, left hand outside right shoulder). Give yourself a hug (and feel it) with just the right amount of pressure.
- 7-butterfly hug - cross arms and tap on alternating forearms
- 8-press alternating big toe into the floor / tap alternating thigh

Action Activities to mobilize stuck energy

- 1-Moving tension from jaw, shoulders to hands into helper's forearm or a pillow or twisted up towel
- 2-Boundary—direct another person to walk towards and away from you while facing each other - permission granting; saying 'stop'
- 3-Mobilization—swing arms back and forth holding 1/2. filled water bottles. Feel sensations in body after stopping swinging

Relational Tools

How might you approach a pet like a dog or cat so they want to lean into you, receive being pet, relax with you. Track your own body and the pet's body. Does the pet's mood change as you relax and settle? Can you do this with a friend, a partner?