

10 Body-Based Strategies to Help You(s) When Your Thinking Brain is Offline



1

Choose a STOP signal to stop what you're doing if at all possible, and distance self briefly. Goal is to keep you(s) safe and avoid Impulsive decisions.

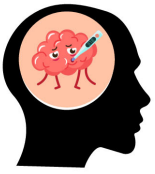


Feel free to adjust or change this approach so it works best for you(s)/System.

2 Bring focus to this present moment. Identify something near you that feels safe enough, such as a bird singing outside, a nice painting on the wall, the sturdy chair you(s) are sitting on, etc. Focus on this one soothing and safe enough object and describe it to yourself/system, as if you(s) have never seen it before.



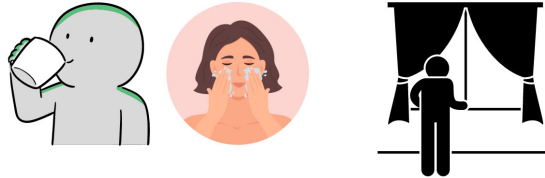
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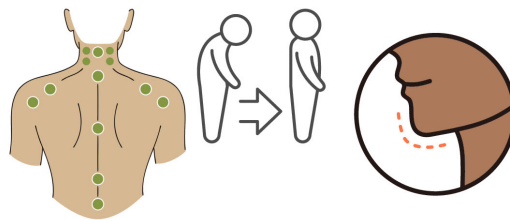


- 3 Check for basic needs and physical comfort: Air, Water, Temperature, Pain, Posture. Adjust one thing, such as sipping water, getting air by opening windows, stepping outside. Change body temperature if needed, like splashing cold water on face or getting ice pack, or removing one layer of clothing. Adjust posture like prompt #4.

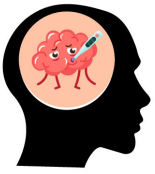


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- 4 Straighten out back, open shoulders, lift head/chin in straight forward position and breathe as you(s) normally would, in through your nose, out slow and long through pursed lips.



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- 5 Feel free to add a soothing sound to your breath, like the sound of the wind or ocean. This sound could help you move away from the noise in your brain and triggers. This sound can be your anchor, your support, your stabilizer. Humming is also encouraged.

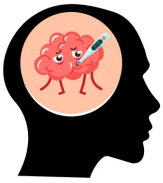


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- 6 Stabilizing through Self/System Touch. Feel free to give yourself/system a butterfly hug. Feel free to add gentle touch of your shoulders and forearms. With an aligned spine, feel free to press your hands together.



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- 7** Rhythmic Movement in whatever capacity your body will allow. Examples: Rolling shoulders back and forward, swaying hips, right to left movement of torso and upper body, marching, dancing. Any light stretching.

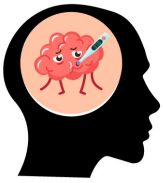


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- 8** Face & Neck: Feel free to soften your eyes. Gentle massage is also encouraged. Example: Massaging temples, jaw. Pressure on forehead and back of the neck for support. Head rolls are encouraged as well.



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- 9 Use your Senses. If you(s) have a favorite gentle and soothing scent, such as citrus, lavender, eucalyptus, feel free to breathe the scent in. You(s) may carry an essential oil, scented cream, etc with you(s).



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- 10 Resource through Imagery. Feel free to cast your eyes on something in the environment that feels soothing, comfortable, and safe enough for you(s). You(s) are also welcome to imagine that soothing, comfortable, safe imaginary place inside that you(s) might have already built. Feel free to add anything you(s) may want/need in this internal safe and comfortable enough space.

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