



# Practicing Presence

## CONNECT WITH THE BODY TO HELP REGULATE + FOCUS

### WHAT IT IS

Presence is **embodied awareness**: feeling connected to your sensory, mental, and emotional experience in the moment.

### HOW TO DO IT

Presence is a habit or a practice: something that must be cultivated (rather than switched on/off). Take time to “practice presence” so that it becomes more natural, habitual, and consistent for you.

Use the exercises below to access or activate presence...

- **daily**, to learn presence as a consistent habit (pick 1 exercise per day to repeat at intervals)
- **before** dialogue to ground yourself + focus on your purpose/intention for engaging
- **during** dialogue to pause in moments of cognitive or emotional challenge before responding
- **after** dialogue to return to yourself + help process or heal from what you've experienced

### FIND GRAVITY

Pause and focus: Where in your body do you feel the pull of gravity most strongly? Where do you feel sensations of weight or heaviness?

**In dialogue:** Provides ballast + balance through the stimulation or agitation of conversation.

### WHY WE DO IT

- Facilitates daily **self-regulation + healing**
- Enables deeper **listening + connection**
- Builds **stamina for necessary discomfort**

### CENTERLINE

Focus on your spine. Rock forward + back, side to side. Rotate your torso several degrees without moving your lower body. Feel your body's axis.

**In dialogue:** Brings a sense of inner strength + clarity when you feel unsettled or vulnerable.

### BREATHING

Tune into the steady rhythm of your own breathing as you would waves on a beach. Listen to your breath + feel your chest rise and fall.

**In dialogue:** Soothes defensiveness, irritation, anger, and reactivity/hyperactivity

### 5-4-3-2-1

Focus on each sense in turn. Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste in your environment.

**In dialogue:** Calms anxiety. Cultivates the ability to listen + speak with purpose + focus.

### CHANNEL ENERGY INTO AN OBJECT

Pick up a stone or other small object. Handle it. Notice how it feels, how it does + doesn't change in response to your touch. Imagine your energy being drawn out of your body + into the object.

**In dialogue:** Draws distractions + nervous energy out so that you can listen + speak intentionally.

### FULL BODY SCAN

Beginning with your feet and moving upward, focus on each part of your body in turn. Observe sensations. Notice where you are holding tension or pain. Breathe + release or make peace with it.

**In dialogue:** Helps identify the nature + physical location of emotions, so you can attend to them.