

Grounding Without Going into the Breath

Orient to the space for safety:

- look for your exits
- look at the route between you and your exits
- look behind you, in both directions
- look out the window

and then orient to the space itself:

- notice the space around you, to the sides of you, above you and below you
- notice the objects in your space
- notice the space between you and the objects in your space

Slowly turn the head from side to side.

- The phrenic nerve goes through cervical vertebrae 3-5, and it innervates the diaphragm (causes the diaphragm to move). So, when we turn the head, a breath naturally arises.

Reach the arms out to the side / reach the arms above the head.

- the lengthening of the arms causes for any holding in the diaphragm to release.

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Find: color, texture, shape, thing

- three red / blue / green items
 - something soft and fluffy / hard and smooth / with sequins
 - something with circles on it / a sphere
 - your favorite book to share with me
 - something red that's soft and incorporates circles (you might get two out of three!)
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Name game: 5-4-3-2-1

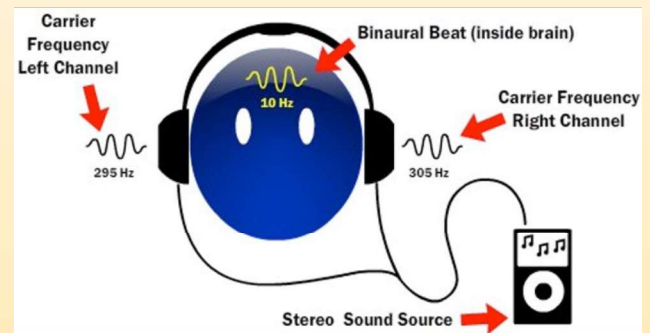
- five things that you can see
 - four sounds that you can hear
 - three textures that you can touch
 - two smells
 - one taste
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Gentle rocking, a swivel chair, a rocking chair, an exercise ball, a wobble cushion.

When the vestibular system is engaged, the limbic brain is disengaged. (Rajagopalan et al. 2017)

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Bilateral music and binaural music...or any music



Mandalynths: Celtic Mandala Labyrinths.
Hug a big stuffie in front of your client.

Co-regulation: engagement and attunement through mirroring and reciprocity. E.g high fives, waving, mirroring (take turns leading). Hugging a big stuffie.

3 minutes of vigorous exercise to metabolize stress hormones. e.g. burpees, high-intensity interval exercises, push ups, squats, core exercises

Rajagopalan, A., Jinu, K. V., Sailesh, K. S., Mishra, S., Reddy, U. K., Mukkadan, J. K. (2017). Understanding the links between vestibular and limbic systems regulating emotions. Journal of Natural Science, Biology & Medicine. <https://pubmed.ncbi.nlm.nih.gov/28250668/>

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