

## EARTH: GROUNDING, SAFETY IN THE PRESENT, NOW

Take a minute or 2 to 'land'.... to be here now... place both feet on the ground., feel the chair and the earth supporting you.. Look/Notice 5 things, Touch/Notice 4 things. Hear/Notice 3 things. Smell/Notice 2 things. Taste/Notice 1 thing.



## AIR: BREATHING FOR CENTERING

Deep diaphragmatic breathing. Place your hand on your abdomen. Close your mouth and inhale through your nose. Feel your belly expanding, then your chest expanding. Breathe in to the count of 4. Hold the breath for the count of 2. Exhale through your mouth and feel your abdominal muscles contracting. Hold the exhalation to the count of 4, Continue this breathing pattern 5 times.



## WATER: CALM & CONTROLLED

Do you have saliva in your mouth?... make more saliva. Or have a mint. Or have some water. This activates the parasympathetic nervous system (opposite of dry mouth when you're stressed).



## FIRE: POWER OF IMAGINATION

Fire up your Imagination and let imagery produce a parasympathetic effect. Close your eyes and imagine a soothing place in nature, somewhere that you feel very calm and soothed. Notice the colors, the smells, how the air feels on your face. Notice where the center of soothing is for you in your body. Allow that feeling of comfort to spread and flow through the body.





# ELBOW TREE

**TAYLOR JOHNSTON, LCSW  
EMDR THERAPIST**

**P: (904)201-9894**

**E: TAYLOR@ELBOWTREEFLORIDA.COM**

**EMDRFLORIDA**

