Embody Toolkit

Slow is The New Fast 

Progressive Muscle Relaxation Practice



- Sit or lie comfortably and close eyes.
- **Repeat deep breaths**: in through nose and out slowly through mouth.
- **Feet:** Curl toes 5-10 sec and release, exhaling, noticing relaxation.
- **Calves:** Point toes to tense calves, hold 5-10 sec and release.
- **Thighs:** Squeeze thigh muscles, hold 5-10 sec and release.
- **Buttocks:** Tighten buttocks, hold 5-10 sec and release.
- **Stomach:** Tighten abdominal muscles, hold 5-10 sec and release.
- **Hands:** Clench fists tightly, hold 5-10 sec and release.
- **Arms:** Flex biceps, hold for 5-10 sec and release.
- **Shoulders:** Shrug shoulders up towards ears, hold for 5-10 sec and release.
- **Neck:** Gently tilt head back, tense neck muscles, hold for 5-10 sec and release.
- **Face:** Scrunch facial muscles, including forehead and jaw, hold for 5-10 sec and release.
- This practice supports the release of tension and stress.

When we create safe within, we create safety everywhere. - InterBeing Institute

Self Hug Practice

- Close your eyes.
- Inhale gently and release through the mouth with a “VUH.
- Place right hand under left arm.
- Place left hand over upper right arm or over right shoulder.
- Adjust left hand to what personally nourishes you – over right upper arm or shoulder.
- Breathe in evenly and mindfully throughout.

- This practice is great when feeling anxious & ungrounded.

Self In Focus Practice (Ann Wiser Cornell)



- Close your eyes.
- Sense feet on surface.
- Sense seat/surface underneath you .
- Connect with your inner senses/sensations/emotions/feelings.
- Notice a specific emotion. I.e. anxiety or other.
- Say “I am sensing that there is **{anxiety/other}** in me.” / “Something in me feels like **{anxiety/other}**”
- Where in my body?
- Locate it.
- Say “Hi part of me that is **{anxious/other}**” / “Hi…”
- Place hand there if appropriate
- Ask “What are you worried about?”
- Listen to what it says.
- Say “I hear this. No wonder you feel **{anxious/other}**”
- Say “Thank you body/Thank you part.”
- Say “**{Anxiety/other}** you are allowed to live in my body.”

Push Wall Practice



- Stand facing a wall with feet shoulder-width to ensure stability.
- Place your palms flat against wall at shoulder height, spreading fingers for grip.
- Engage core muscles and push against wall, focusing on pressingly evenly with. both hands.
- Hold position briefly, feel resistance in arms and chest.
- Repeat: 8-12 reps.
- Increase intensity gradually as needed, pushing with more force.
- **Breathe evenly throughout.**
- Focus on maintaining spine straight & shoulders relaxed.

- *Great for releasing stress and increasing upper body strength.

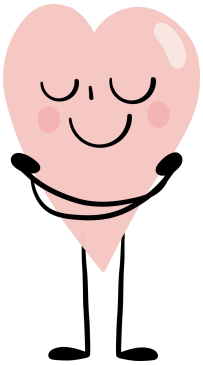
Ease and Tension Pendulation Practice



- Close your eyes (this aids a heightened sensory perception).
- Find an area in your body where tension exists.
- Place one hand on tension.
- Breathe into it.
- Find an area in your body where ease exists.
- Place one hand on ease.
- Breathe into it.
- Now go back to the tension area.
- Is it still there or has it subsided?

- *Helpful to bring more space & awareness within.

Somatic Heart Visualisation Practice



- **“Simply shifting your awareness to your heart enhances communication between your heart and your brain, helps bring your nervous system back into balance, heightens cardiovascular function, and brings more coherence to your emotions and mind.” — HearthMath Institute & American Journal of cardiology.**
- Close your eyes.
- Visualise heart.
- Choose a colour.
- Breathe into it.
- Place your hands on the area of your heart (this helps release oxytocin).
- As you inhale, visualise your breath going into the heart and coming out of the heart.
- Inhale inner compassion.
- Breathe out love for all.
- Stay in this space for 2 to 5 min.
- *This is a wonderful practice, especially during heated conversations.