

FINDING MY CENTRE: ANCHORING AND RESOURCING

PURPOSE

This activity will help you establish a point of reference for resourcing. This means connecting to a felt sense of stability, being settled, or feeling less helpless or less shaky. One way to do this is by exploring balance and a sense of being centred. This is like an anchor point that will help you feel connected to a stable support.

INSTRUCTIONS

Choose a comfortable position, either sitting or standing, where your spine is upright and you feel supported on a stable surface. Place your feet parallel to each other, shoulder-width apart, and follow the steps below to make intentional, gentle movements to explore and find your centre point where you feel the most balanced.

Note: For individuals who experience traumatic stress, mindfulness can exacerbate symptoms. It's important to pick methods that fit one's learning style and tolerance levels.

1. Begin by gently rocking slightly forward and backward, noticing the point at which it feels you could tip, without pushing past that point. (Pause)
2. Continue by gently rocking from side to side, from your left foot to right foot; you may choose to experiment with circular movements as well. You may focus on a place about two inches below your navel and toward your spine. Allow yourself to engage the muscles around the centre of your body. (Pause)
3. Choose one direction to explore further, and deliberately slow your movements down. Continue moving back and forth, noticing how your abdominal muscles contract and engage to hold you upright. Notice the strength in your core that keeps your posture stable. (Pause)
4. See if you can tune in to a sensation of balance, comfort, or solidity. Take a few moments to allow your awareness to really absorb this sensation. You may feel a letting go across your shoulders and upper back – let the weight of any stress fall off of you. Allow your neck to lift your head a little, feeling your spine getting longer. Bring your awareness to your breath for a few more moments.