

# SELF-REGULATION FOR RESILIENCE (SRR)

## ORIENTATION

**Finding yourself in your space.**

**Cues:** Gazing down, notice 4 colors or textures in your field of vision. Notice 3 different sounds. Feel the air on your skin.

***“I am present. I am peaceful. I am mindful.”***

## GROUNDING

**Noticing your connection to the ground, feeling it supporting or holding you.**

**Cues:** Notice your feet, legs, sits bones connected to the Earth or your seat.

***“I am grounded. I am supported. I am breathing.”***

## CENTERING

**Noticing the center of your body.**

**Cues:** Engaging your core muscles, and just squeezing your core muscles. Breathe here, feeling a little heat start to build. One more inhale, exhale, release.

***“I am centered. I am focused. I am powerful.”***

## BREATH

**Returning to your breath, always available to bring you back to the present.**

**Cues:** Trace your inhales and exhales, in and out of your nose. You can repeat silently “I am inhaling” and “I am exhaling.”

***“I am breathing. I am peaceful. I am alive.”***

