



*P.O.A.D.*

*PAUSE*

*ORIENT*

*ASSESS*

*DECIDE*

*Pausing and orienting might be all you need.*

*Move through the steps as needed.*

*\*Are hacks for your nervous system that you can practice as needed without having to go through all the steps*

## *PAUSE*

*\*Stop what you are doing.*

*Take a moment to take a couple deep breaths*

- Place a hand on your chest and if it feels natural the other hand to your stomach with the out breath longer than the in breath, you can count here if you'd like*
- Allow the exhale to be longer than the inhale*

*\*Throughout the day, stop and take a moment to focus on what is good or less bad*



## *ORIENT*

*Do this as much as needed, you can use this on it's own, as well as, with pausing*

*\*Take in your space, slowly. Notice the walls, the ceiling, the floor, behind you. Allow your gaze to land where it's drawn. Breathe.*

*Take as much time as you need here.*

*If you feel less activated and more settled move to assess, if not continue here for additional ways to ease your nervous system.*





## *ADDITIONAL WAYS TO SETTLE*

You may work through each of these, or pick one to do.

What do you smell?

What textures can you feel?

What sounds can you hear? Can you just listen without identifying what you hear?

What do you taste? Can you eat a favorite food or drink a favorite drink and take it in?

Orient again if needed.

\*Forward fold, either from standing, sitting or from butterfly pose

- If standing you can ragdoll your arms or hold your elbows
- If sitting, you can grab your feet or shins, let your arms dangle next to you
- Stay here for as long as needed
- Upon standing or sitting upright, circle your arms take up space and get big
- Orient again. Has anything changed? Again allow your gaze to fall wherever feels most natural.



\*Soft seeing, outstretching your arms, palms facing forward and wiggle your fingers. Allow your eyes have a soft focus with awareness of your outstretched arms. (if your arms get tired release them to your a comfortable position)

Allow your eyes to take in surrounds, as if you were an owl.



## ADDITIONAL WAYS TO SETTLE

\*Barefoot walking- Start with the ball of your foot, you can roll to the outside of the ball of the foot to come down on your heel or slowly come down on the heel of your foot.

Take at least 10 steps barefoot feeling each sensation as your feet connect with the earth walking like this.

If walking on the ball of your foot is too much, take 10 barefoot steps

With each steps feel the ground and the sensations in your body.

\*Check in with your back body. Feel the back of your body. Notice any sensations. Can you move your attention to your spine? To your heart? Ribs?



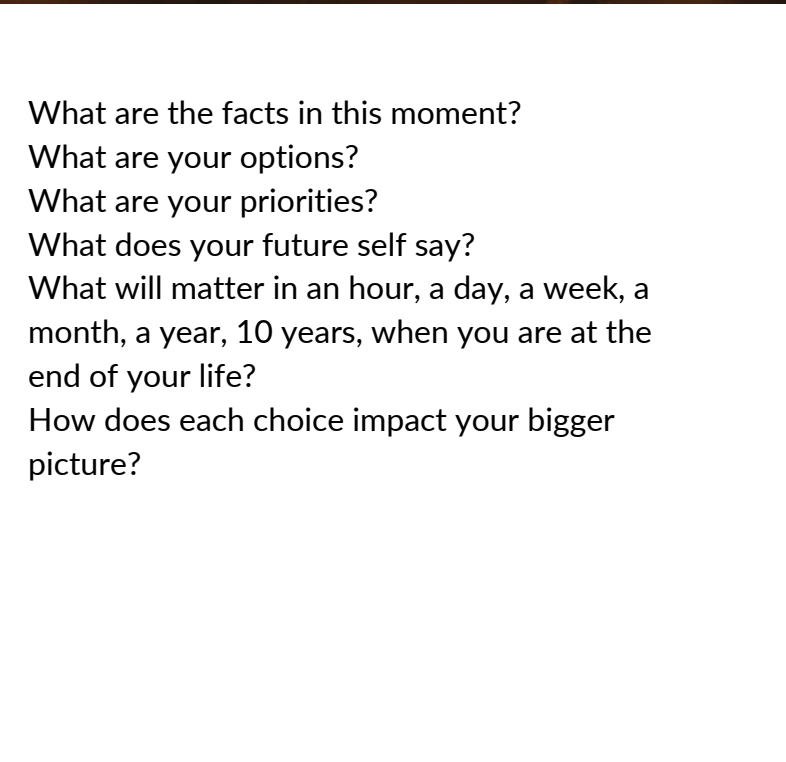
\*Move your joints. Ankles, knees, hips, wrists, elbows, shoulders and neck. If something doesn't want to move, notice it and move to the area that does.



## ASSESS

Do any emotions and parts need to be tended and validated?

- Examples: A part of me is scared, sad, lonely, angry
- Validate these feelings and tell that emotion or part what it needs to hear.
- “This is scary and I am here with you.”
- “That made you really mad.”
- All emotions are valid and multiple emotions can be felt at the same time.
- How can you tend to your parts and emotions?
- A hug, a laugh, movement, validation



What are the facts in this moment?  
What are your options?  
What are your priorities?  
What does your future self say?  
What will matter in an hour, a day, a week, a month, a year, 10 years, when you are at the end of your life?  
How does each choice impact your bigger picture?



## DECIDE

Remember, nothing is permanent and this decision is what best serves you in this moment.  
Deciding to do nothing and/or choosing to wait is a decision.

