

practicing presence

connecting with your bodymind for deeper dialogue with self + other

What it is

Presence is **embodied awareness**: feeling connected to your sensory, mental, and emotional experience in the moment.

Why we do it

- Facilitates daily **self-regulation + healing**.
- Enables deep **listening + connection**.
- Builds **stamina for necessary discomfort**.

How to do it

Presence is a habit or a practice: something that must be cultivated (rather than switched on/off). Take time to "practice presence" so that it becomes more **natural, habitual, and consistent** for you.

Use the exercises below to access or activate presence...

- **daily**, to learn presence as a consistent habit (pick 1 exercise per day to repeat at intervals)
- **before** dialogue to ground yourself + focus on your purpose/intention for engaging
- **during** dialogue to pause in moments of cognitive or emotional challenge before responding
- **after** dialogue to return to yourself + help process or heal from what you've experienced

Find Gravity

Pause and focus: Where in your body do you feel the pull of gravity most strongly? Where do you feel sensations of weight or heaviness?

In dialogue: Provides ballast + balance through the stimulation or agitation of conversation.

Centerline

Focus on your spine. Rock forward + back, side to side. Rotate your torso several degrees without moving your lower body. Feel your body's axis.

In dialogue: Brings a sense of inner strength + clarity when you feel unsettled or vulnerable.

Breathing

Tune into the steady rhythm of your own breathing as you would waves on a beach. Listen to your breath + feel your chest rise and fall.

In dialogue: Soothes defensiveness, irritation, anger, and reactivity/hyperactivity.

5-4-3-2-1

Focus on each sense in turn. Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste in your environment.

In dialogue: Calms anxiety. Cultivates the ability to listen + speak with purpose + focus.

Channel Energy into an Object

Pick up a stone or other small object. Handle it. Notice how it feels, how it does + doesn't change in response to your touch. Imagine your energy being drawn out of your body + into the object.

In dialogue: Draws distractions + nervous energy out so that you can listen + speak intentionally.

Full Body Scan

Beginning with your feet and moving upward, focus on each part of your body in turn. Observe sensations. Notice where you are holding tension or pain. Breathe + release or make peace with it.

In dialogue: Helps identify the nature + physical location of emotions, so you can attend to them.