

Getting Back Into the Room

A few things to try when your mind pulls away, so you can land back in the here and now.

WHEN TO USE THIS

Use this when you feel yourself drifting off or spinning up and want to come back.

You can skip anything here, stop partway, or do it with someone you trust. Go at whatever speed suits you.

Tick anything that has helped you land back in the present before.

- ☐ Naming things I can see around me
- ☐ Cold water on my hands or face
- ☐ Standing up and walking a bit
- ☐ Holding something with a texture
- ☐ A slow breath out, longer than the breath in
- ☐ Saying today's date out loud
- ☐ Music or a podcast
- ☐ Petting an animal

Name four things you can see, hear, or touch from where you are right now.

1. _____
2. _____
3. _____
4. _____

Which of these helps most? Where can you keep it so it is easy to reach?

Small and near you beats perfect.

How far away do you feel right now?

0	1	2	3	4	5	6	7	8	9	10
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Right here

Very far off

Coming back can take a minute. That minute counts.