



5 Self Regulation Techniques for Restoring

**Presence,
Calm & Clarity**

BECOME AWARE OF YOUR BREATHING



Simply Notice & Don't Force Anything

- ① Just breathe & become more aware of your breathing. It will naturally slow down & get fuller & deeper.

Connecting to the breath & your awareness is all you have to do. Spend 1-2 minutes here. There's nothing else you need to do.

DOUBLE INHALE LONG EXHALE



Known as the Double Sigh or Physiological Sigh

- One long inhale through the nose
- One short inhale on top of that
- One long extended mouth exhale

Just one or two rounds will do to reduce anxiety & stress levels just enough to help you feel more calm and collected.



NOTICE 5 THINGS

Breathing Gently... Notice & Name:

- 5 things you can SEE
- 5 things you can HEAR
- 5 things you can TOUCH/FEEL

Then spend a minute breathing calmly, while seeing, hearing & feeling all at the same time, to truly get in touch with your body & the space around you, in the present moment.

HEART-CENTERED BREATHING



**Focus your attention on
your heart as you breathe**

- Inhale gently for 5 seconds
- Exhale gently for 5 seconds
- Keep your heart in mind
- Repeat cycle for 2-3 minutes

Rhythmic, heart-centered breathing brings the heart, brain & nervous system into greater coherence which is a marker of optimal functioning & builds resilience.

GENERATE A LOVING VIBE



Recall & reexperience times you felt loved or loving

- ① Conjure up feelings like care, calm, compassion, gratitude, closeness, playfulness or wholeness.

Combine this with Heart-Centered Breathing to amplify your coherence & become a positive & regenerative presence.

I hope these make a big difference for you. If they help you, please pass them on to someone you care about.

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Coach**



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