

TOUCHPOINTS

[It just takes a moment!]



To Come Back to Yourself

Wherever you are – sitting, walking, waiting..., take 2 or 3 slow deep breaths.

Now notice those places where your body touches a surface – your feet on the floor, your arms on your desk, your bottom on the chair, your hands holding an object or clasped together.... Just notice. What does each point feel like – hard or soft, warm or cold, shiny or rough?

If you get distracted, it's not a problem. Just start again. If the distraction happens again, just start over.

This brings your attention to the moment. To where you are in space, on the planet. Most will find their breathing has calmed. The mind is focused on something that offers no threat, no hurry. See if you can bring that focused calm attention into your next activity.

This is a powerful technique to use at any time when feeling swamped by thoughts or feelings. Even if only for a few moments, it brings one out of that to the immediate surroundings.