



# BE-THIS SENSE-GROUNDING PRACTICE

## WHAT

BE-THIS is an acronym that stands for six powerful grounding skills (breath, emotion, touch, hearing, intentional stretching, sight-smell) that put you in touch with all of your senses. This allows you to redirect your attention away from anxious or negative thoughts and focus on your surroundings in a more positive way.

## WHEN

Use BE-THIS when you notice emotional overload, such as when you might rate your negative or anxious state as being in the 5-7 (high) range on a scale of 1-7 where 1 is the lowest.

## HOW

There are four steps to practicing BE-THIS

1. Notice when you feel emotional overload (*rate your level of negativity on a 1-7 scale*)

When you can, begin practicing early on, when you notice your rate is level 4-5 (*medium*)

What clues let you know you are in that range of emotional overload? What does that look and feel like? (*For example, this could be a feeling you notice, wanting to cry, a sense of anger or helplessness, etc.*)

Practice noticing this before you overreact emotionally.

2. Look around you and describe your surroundings in a single sentence coupled with your intention to practice BE-THIS. (*For example, "I am standing in my hotel room on deployment and I am practicing awareness and grounding skills."*) This helps center you in the moment.

3. Find a place where you can spend approximately 5-7 minutes to practice in peace. Limit distractions as much as possible.

4. Cycle yourself through the BE-THIS sense awareness and grounding skills, focusing 60-90 seconds on each.



# BE-THIS SENSE-GROUNDING PRACTICE

## WHAT

BE-THIS is an acronym that stands for six powerful grounding skills (breath, emotion, touch, hearing, intentional stretching, sight-smell) that put you in touch with all of your senses. This allows you to redirect your attention away from anxious or negative thoughts and focus on your surroundings in a more positive way.

## WHEN

Use BE-THIS when you notice emotional overload, such as when you might rate your negative or anxious state as being in the 5-7 (high) range on a scale of 1-7 where 1 is the lowest.

## HOW

There are four steps to practicing BE-THIS

1. Notice when you feel emotional overload (*rate your level of negativity on a 1-7 scale*)

When you can, begin practicing early on, when you notice your rate is level 4-5 (*medium*)

What clues let you know you are in that range of emotional overload? What does that look and feel like? (*For example, this could be a feeling you notice, wanting to cry, a sense of anger or helplessness, etc.*)

Practice noticing this before you overreact emotionally.

2. Look around you and describe your surroundings in a single sentence coupled with your intention to practice BE-THIS. (*For example, "I am standing in my hotel room on deployment and I am practicing awareness and grounding skills."*) This helps center you in the moment.

3. Find a place where you can spend approximately 5-7 minutes to practice in peace. Limit distractions as much as possible.

4. Cycle yourself through the BE-THIS sense awareness and grounding skills, focusing 60-90 seconds on each.



## BREATH

For the first minute, use diaphragmatic (*slow belly breathing with one hand on your chest and one on your stomach*) and focus on breathing. As you move on through the rest of your senses, keep 25% of your attention on your breathing. How does practicing breathing feel?

## EMOTION

For the next minute, let yourself experience your emotions and feelings with a sense of acceptance. Neither push your emotions away nor attach to them. Just label them as if from a safe distance-- without adding any judgement, good or bad. (*For example, "feeling anger," "feeling sadness," "feel tightness in my stomach," or "clenching my jaw."*) As you continue, notice if the feelings are less intense or change.

Name your present emotions/body feelings. If you're not exactly sure what name to give the emotion, take your best guess. In this way you will get to know your feelings more closely.

If someone else is involved in your emotional overload, spend 30 seconds or so to notice if it is possible for you to experience empathy (*imagining how they feel*) with regards to this person. It doesn't mean they are right or wrong. It just means you understand how they might be feeling. If you don't find empathy, notice this and move on. What thoughts came up for you while doing this portion of the exercise?

## TOUCH

For a minute, practice relaxing touch. Raise your hands to heart level with your palms facing one another a few inches apart. Sense any heat and notice your pulse until you can feel it in your hands. Then, take 3 breaths, each one filling the space between your palms with positive energy. Slowly bring your palms together, compressing that energy. Briskly rub your palms together for a few seconds.

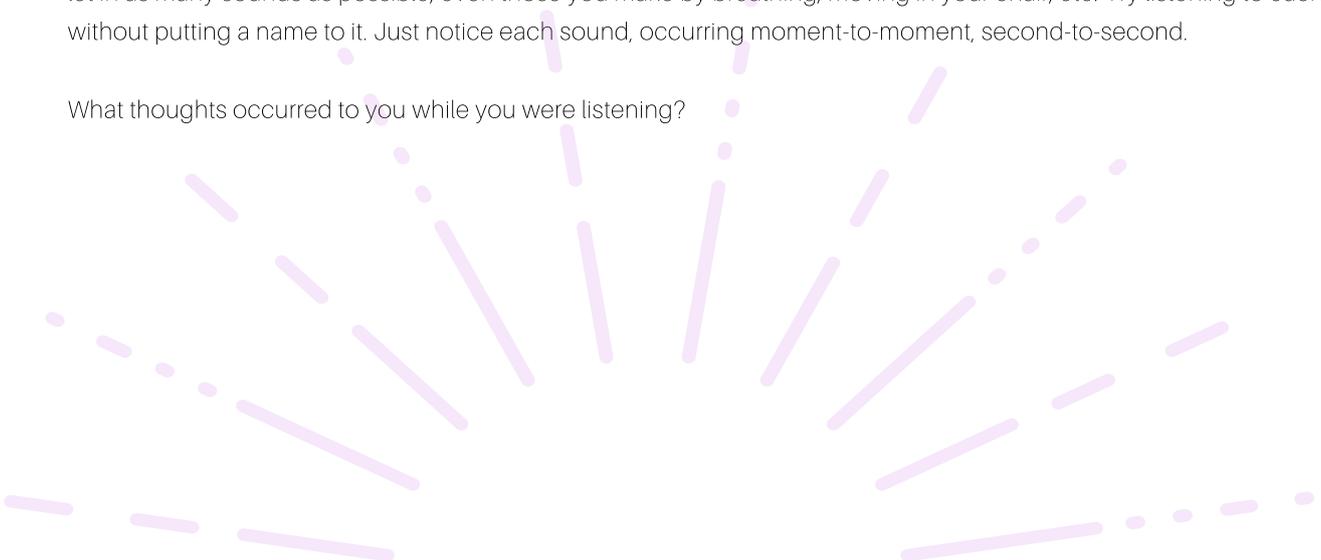
Now, place your hands over your eyes for a few moments, then one hand on each temple, then on the back of your head. Let the energy in your hands relax and soothe you.

What thoughts came up for you while doing this portion of the exercise?

## HEAR

For the next minute, tune into the sounds of your environment. Let yourself expand your hearing and awareness to let in as many sounds as possible, even those you make by breathing, moving in your chair, etc. Try listening to each without putting a name to it. Just notice each sound, occurring moment-to-moment, second-to-second.

What thoughts occurred to you while you were listening?





## INTENTIONAL STRETCHING

For the next minute, set a simple intention and follow up mindfully. You might set an intention to stretch your neck by rolling your head around from right to left in a circular movement. Or, you might set the intention to raise your arms high over your head as you inhale, lowering them as you

## SIGHT and SMELL

For this final minute, use your visual and olfactory senses with curiosity. Look around and notice in detail the different shapes, sizes, and colors of as many objects as you can (*don't be distracted with whether or not you like the object.*) Notice them with an attitude of openness, child-like wonder, and interest. What different scents do you detect in the environment?

Think about exploring with your sight and smell and the observations you made.

# BE-THIS SPEED SCAN

Sometimes you don't have 5 minutes to reverse overload! You can speed scan in one minute.

Rate your level of emotional negativity 1-7.

Set your intention to BE-THIS Speed Scan. State each letter and the word that it represents. Follow with a brief experience as follows

B-Breath: take two deep and satisfying breaths.

E-Emotion: scan your body from head to toe. Sense your emotion or body feeling. Name it.

T-Touch: slowly touch one item nearby or press your feet into the ground.

H-Hear: notice a single sound that is happening this very second. Even if it is simply your breathing.

I-Intentional Stretching: state your intention to do a single stretch and follow that through.

S-Sight and smell: notice an object near you and take one long inhale to see what scent you can detect.

Re-rate your level of emotional overload. How are you feeling now?