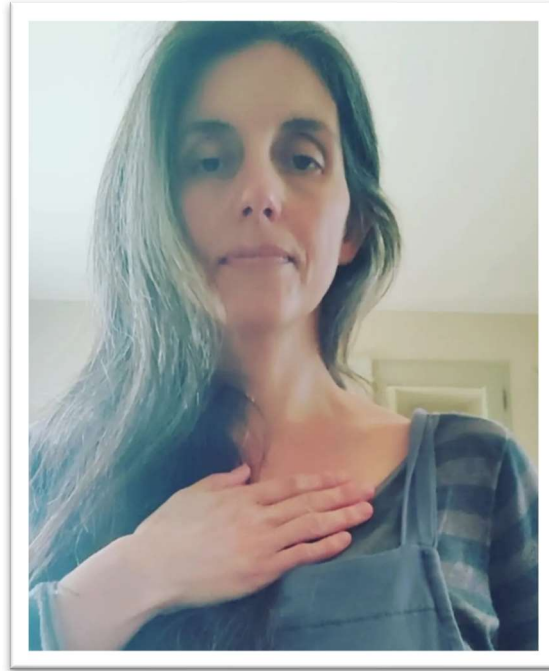


## Building Capacity and Nervous System Regulation with the ABC Technique



Watch the [short video](#) accompanying this PDF which explains more about this somatic exercise and demonstrates how and when to do it.

This simple ABC technique will help to build capacity and nervous system regulation so that you are able to tolerate more intense emotions and sensations and process the stress response in your body more easily.

### **A: Anchor**

Take your thoughts to your feet, bottom and pelvis. Feel their heavy and connected to the ground and chair if you are sat down.

### **B: Breathe**

Notice your breathing.

### **C: Connect**

Put your hand on your body where feels most comfortable for you (or where sensation or the emotion most strongly felt). Connect with yourself.