



■ Dorsal Soothing & Grounding Flow

Step 1 – Permission & Safety

- “It’s okay to feel like this. My body is protecting me. I don’t have to fix everything right now.”
- Wrap yourself in a blanket, hug a pillow, or let your body rest in whatever position feels most comfortable.
- Notice: Do I feel a little safer when I’m warm and supported?

Step 2 – Tiny Sensations

- “I will bring awareness to just one small thing.”
- Place your feet on the floor. Notice the weight of your heels.
- Wiggle your toes gently.
- Rub your fingertips together slowly, feeling the texture.

Step 3 – Breath With Sound

- “I can let out a little sound to remind my body it’s here.”
- Take a slow inhale.
- Exhale with a sigh, hum, or gentle “vooo” sound.
- Do this just once or twice—no pressure for more.

Step 4 – One Simple Action

- “I will do the next tiny thing.”
- Choose just one:
- Take a sip of water.
- Open the curtains or a window.
- Stroke a pet or soft object.

Step 5 – Gentle Contact

- “I don’t have to be alone in this.”
- Send a short message like “Just saying hi.”
- Or simply sit in the same room as someone you trust, even in silence.

Step 6 – Re-engage Lightly

- “What is the smallest spark I can invite?”
- Step outside for 30 seconds.
- Put on music that feels soothing.
- Notice one thing you can see, one you can hear, one you can touch.

Step 7 – Close With Kindness

■ “I’ve done enough. My body is trying to heal. I am safe enough right now.”

- Place a hand on your heart or cheek.

- Whisper something kind to yourself, like “I’m here with you.”

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