



# Pause, Reset, Nourish:

## Feet on the Floor (Butt in the Chair Variation)

### WHEN TO USE

- This practice can be used anytime, but is particularly helpful when transitioning between patients or meetings

### CATEGORY

Grounding and Settling the Mind

### THE SCIENCE BEHIND THIS PRACTICE

On average, people have 70,000 thoughts a day; most are repetitive, and many are caught in the negativity bias. This practice helps us to develop our mindfulness skills (ability to focus deliberately, without judgement). It helps us to not engage in stress-amplifying thoughts about the past or future, by keeping us grounded in the present. This can help with the regulation of our nervous system and emotions.

### OVERVIEW

This practice helps us to “unhook” from thoughts of the past or the future, and to focus on the present moment by connecting with our bodies. In doing so, we are not amplifying our stress response by being caught in negative thinking (e.g. regrets of the past; worries about the future)

WHAT IS NEEDED	Can be done anywhere throughout the flow of our work; just need to remember to use it.
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?
RESET	Take a moment in the flow of your work, as you are walking or sitting, to pay attention to your feet on the floor, or your butt in the chair. The following description will be given for feet on the floor, as this can be adapted for sitting.  Notice the points of contact with the floor, with your shoes, noticing the temperature of your feet, any tingling, vibrating sensations in the feet. No need to judge the sensations, simply notice. As you are walking, can you notice how the sensations change in the feet, how the points of contact shift? There are many “micro-movements” that occur to ensure the body remains upright and is propelled forward. We give little attention to the hard work our feet do all day to support us in moving from place to place. Perhaps we want to send a little “thanks” right now for all that our feet do for us.

	<p>If you are doing this practice while seated, you may wish to notice how the chair supports you and holds you upright, allowing yourself to really anchor your body into the chair, and noticing the sensations in the body.</p>
<p>NOURISH</p>	<p>Notice once again what is here for you now with curiosity and without judgement. You may wish to repeat the practice if you are still feeling agitated or disconnected. Take time to acknowledge the important work you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p> <p>Every time you anchor your focus on your feet on the floor, you have not engaged in a story that may amplify your stress level. Congratulate yourself for this; take time to acknowledge the hard work you are doing, and that you took a moment to reset and replenish yourself.</p>

**NOTES/SPECIAL CONSIDERATION:**

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.