

CPR for the Amygdala: Introductory Practice

1. **Sense:** Begin by checking in with yourself. What's happening in your mind and body right now? Let your awareness drift from the top of your head to the tips of your toes. If you feel completely calm right now (good for you!), perhaps imagine that you're experiencing your own version of the stressful morning that we explored earlier in this chapter. For me, as soon as I imagine I'm running late for a meeting, my stress level spikes.
2. **Notice:** What is your level of emotional activation right now? Using the emotions thermometer from chapter 2, where would you rate yourself right now? Write down the number here: _____.
3. **Apply:** Begin self-havening by applying gentle and mindful touch to your palms, upper arms, and face, alternating between them in any order that feels good to you. You will continue self-havening throughout step 4.
4. **Preoccupy:** As you continue self-havening, you're going to use a simple breath and counting exercise to guide your attention and preoccupy your mind. If possible, practice inhaling through your nose and exhaling through your mouth while going through this exercise. Please note that the breath counts provided here are simply suggestions, and you may increase or decrease them in length to suit your comfort. Ideally, though, you should aim to have a longer exhalation compared to the inhalation.
 - a. Take a gentle breath in:
 - Inhale, counting 1, 2, 3.
 - Hold 1, 2.
 - Gently exhale, counting 1, 2, 3, 4, 5.

