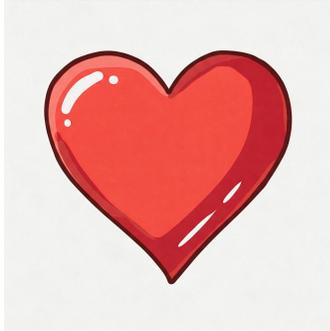


Heartbeat Exercise: A Mindfulness Practice to Calm Your Emotions



Why Practice This Tool?

Noticing our heartbeat and using physical movements to help regulate the heartbeat are practices of regulation to help us feel stable and calm. Grounding is a foundational somatic resource that supports us both psychologically and physically especially when in stressful situations. Grounding helps us to orient our attention into the present moment by focusing on our body and our breath.

Steps: *When you notice you that you are feeling anxious, fearful, or angry and your thoughts and body are racing,*

1. Stop where you are and take at least 3 mindful breaths. You may sit or stand for this exercise.
2. Place your hand over your heart, at the corner of your wrist, or on the side of your neck-where you can notice your heartbeat.
3. For a few breaths, notice your heart beating through your fingers.
4. Notice how you feel right now.
5. Take a breath in and raise your hands overhead and hold them there for a count of 30.
6. Slowly lower your hands back to your lap.
7. Take another breath in and raise your hands overhead for a count of 20.
8. Slowly lower your hands back into your lap.
9. Finally, take another breath and raise your hands overhead for a count of 10.
10. Slowly lower your hand back into your lap.
11. Take a few deep, natural breaths. Notice how you feel now.

Check out this video for a guided practice: [Heartbeat: A Mindfulness Tool](#)



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