



Staying Present

A guide to nervous system regulation

By Anna Birkelbach



www.anna-healing.nl

Being Present in the Here and Now

The basics of nervous system regulation

A simple guide to staying present when you experience
emotional overwhelm

By Anna Birkelbach



Before You Start

Hi, I'm Anna, somatic (trauma) therapist and nervous system expert.

I've created this simple guide to help you in times when your emotions seem to run ahead of you. Practicing these simple steps regularly will help you in the long run to staying present in the here and now.

One of the common things that we can experience with chronic stress is the sense of losing our connection to the present moment. These steps are the key stones when it comes to processing and being able to stay with unpleasant emotions and sensations.

You can practice them sitting, standing or laying down. See what works best for you and change it up whenever you feel like it.



When to Practice

When you don't feel stressed

It is best practiced when you feel OK or neutral and when there isn't stress present. Your body is then wiring towards the present and building new neural pathways that help you anchor in the here and now.

Throughout your day

Use these steps throughout your day, during your workday, at home or when you are with friends. Connecting throughout your day you'll help to counteract those stress hormones that might arise. It'll help you to build greater capacity to be with your own body and its sensations.



When to practice

When you feel overwhelm

Do you recognise this? Throughout your day you are mainly in your head, not noticing your body, finishing that email even though you need to go to the toilet, you are self employed and push through and work over hours because there is always that nagging fear of not knowing if the income stream will still flow. So you trooper through waiting for the evening or the weekend to rest.

For your nervous system this isn't ideal. In fact, this constant pushing is adding up over time and can lead to a body that is ON all the time. It can create health issues in the long run.

Connecting to your body multiple moments throughout your day it helps your body to create a sense of calm and keep those stress hormones away.



Orient to the Present

Notice your feet on the ground

1

Can you notice your feet on the ground? The surface that they touch? What's the texture of the surface and the temperature like?

Notice your pelvis and legs

2

While you notice your feet on the ground connect to your legs and your pelvis. Feel the support of the surface that you are on.

Just notice your breath

3

The art of noticing the breath is just that. Not changing anything while you stay with step 1&2.

Orient with your eyes

4

While you follow step 1,2,3 orient to the room. Use your eyes to land on something that sparks your curiosity.



Last But Not Least

It is important to understand that your emotions aren't bad nor there to be fixed or changed. Every emotion is in essence neutral and they are always there for a reason. The key is to be able to just witness them and observe them with curiosity. When you are able to do that when they arise, in a way that isn't overwhelming for you then your body learns that it is ok to feel them and to be with them.



Happy exploring of the present moment

Anna Birkelbach

welcome@anna-healing.nl