



Centring for State Management

**“If you want to help someone – get yourself together”
Wendy Palmer**

Centring is a form of state management that works with the fight/flight/freeze/fold response to optimise how we are. One simple technique is called ‘ABC’ and is taken from a field of bodywork called ‘embodiment’. (Embodiment is the way we are. It is how we feel, relate and do. Our bodies reflect the set of habits we call ourselves.)

ABC – Simple centring technique

- A – Awareness** Be mindful of the present moment, using the 5 senses (touch, feel, sight, smell, hear), especially feeling the body, ground (chair or feet) and your breath.
- B – Balance** In posture and attention. Shift your body so that your weight is evenly distributed.
- C – Core** Relax your forehead, your tongue, feel your jaw drop. Breathe gently but deeply into your tummy – think soft belly.

Practice this technique outside of any challenging situations. Get used to how your body feels and responses as you quickly move through the sequence.

When a stressful or challenging situation occurs, you should be more able to slip into using ABC ‘in’ the moment. Notice how it slows down your ‘flight/fight/freeze’ response.

What personal insights come up for you?

How might you use this technique in your life?