

3 WAYS TO TAP INTO A SENSE OF EASE WHEN THINGS FEEL TENSE

Short practices you can engage in today to
calm, soothe + alleviate anxiety and emotional upset

BY TIA NORMAN



Creating Peace in Your System

RECLAIM YOUR CALM



Navigating times of emotional upset and anxiety are themes that are consistent among the questions I receive. I noticed how within these conversations there is often a disassociation from the very thing that houses the tools within reach that can create a sense of calm - the body.

These three short practices help stimulate the part of the nervous system that establishes a sense of inner stability. Pause for a moment and give them a try.

May this support you in being where you are.

Tia Norman

“Not everything that weighs you down is yours to carry.”

—Anonymous

Practice One

GROUNDING ORIENTING & HUMMING

“Going through things you never thought you’d go through will only take you places you never thought you’d get to.”

—Morgan Harper Nichols

Ground

Feel your feet on the floor and your back straight; relax, close your eyes, or lower your gaze. Take a few deep cleansing breaths. Scan your entire body beginning at the top of your head. What does the top of your head feel like? Move down to your jaw, the back of your head, shoulders, arms, wrists, hands, torso. Notice any tightness. Become aware of your belly. Notice your back and your upper spine. Move the scan to your thighs, your knees, your ankles, toes, soles of your feet and take slow deep breaths.

Orient

Open your eyes and orient to your space to know that you are safe. Look to the left part of the room, and scan up and down. Move your eyes to the right side of the room. Scan up and down. Any windows? What do you see? Turn and look behind you. Notice the bottom of the room, and the sides of the room. Notice everything is fine behind you. Orient yourself to your space.

Hum

Take a deep breath and hum on the out breath. Hum, so the space you’re in gets filled with your humming. Repeat this three times. Feel the resonance in your body.

Scan your body once more. Notice how you feel now.

Practice Two

BOX BREATHING

Breathe out slowly and empty all the air from your lungs. Breathe in through your nose and slowly count to four in your head. Notice how the air fills your lungs and stomach. Hold your breath for a count of four. Exhale for a count of four. Hold at the bottom of your exhale for a count of four. Repeat three to four rounds. Let the natural rhythm of your breath return.

“Sometimes letting things go is an act of far greater power than defending or hanging on.”

—Eckhart Tolle



Practice Three

PROGRESSIVE RELAXATION

This practice should be both deliberate and gentle.

You may find it particularly helpful before bed.

In this practice, you will tighten (tense) and release targeted muscle groups. The order in which you go does not matter.

Tighten each group for five seconds and then relax for 15 - 30 seconds.

Here is a suggested order to follow; Squeeze your fists, relax.

Tense up fists and entire arms at the same time and then relax. Squeeze your toes and relax. Tense up the legs from the buttocks to the toes and relax. Squeeze up your face, jaw, neck, and shoulders, then let go of all tension. Tense up your entire body as tight as possible and then completely relax.

Repeat the full body tensing and releasing two more times and then completely relax.

“Instead of worrying about what you cannot control, shift your energy to what you can create.”

— Roy Bennett

Hello

I'M TIA NORMAN

I am a teacher + guide specializing in spirituality and practices anchored in the mystical teachings of the Christian Contemplative tradition. Contemplative practices came into my life during a dark period marked by personal and professional upheaval in which I felt called to explore scripture and silence.



Raised outside of organized religion or church settings, my intention is to normalize the spiritual journey through language and practices that feel accessible.

I lead workshops, teach courses, visit with people 1:1 and also serve as Pastor of Awakenings, Inc., a contemplative community in Houston, Texas.

I write, speak and design offerings that assist individuals, organizations and communities in living more authentic, centered and empowered lives.

FOR ADDITIONAL
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