

When Feeling Feels Like Too Much

MICRO PRACTICES FOR RETURNING TO THE BODY

Gentle micro practices to invite presence when you feel distant from yourself.

These grounding exercises ask nothing of you but to pause for a moment—no need to change, x, or "do it right."

Try a practice for just 20–30 seconds, then simply stop. That's plenty.

Whether you notice something or nothing, *your willingness to show up is enough.*



SITTING PRACTICE: "I AM SITTING IN A CHAIR"

Find a chair and have a seat.

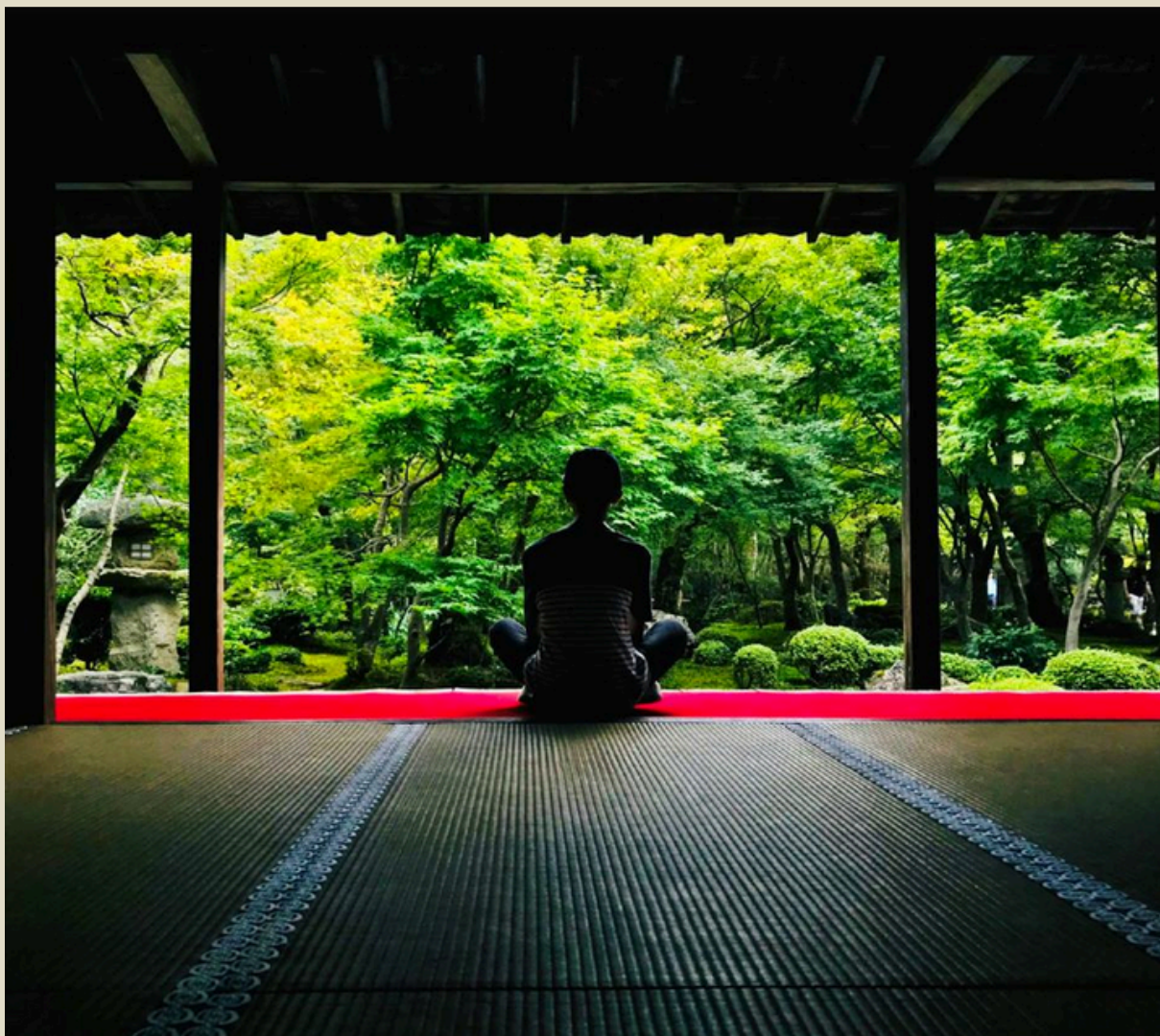
Place your hands softly on your lap or armrests.

Set a timer for 30 seconds if you like.

Say aloud or to yourself: "I am sitting in a chair."

Notice only the sensation of the chair supporting you.

Just be here in stillness, without needing to feel or change anything.



A BREATH OF PRESENT CALM

Pause wherever you are and bring attention to your breath.
Silently or aloud, say: "I am breathing air into my lungs."
Notice each inhale and exhale, letting the rhythm happen on its own.
You don't have to change how you breathe. Simply observe the gentle
movement and let this moment of awareness be enough.



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STEADY GROUND MEETING GRAVITY

Gently bring awareness to your feet connecting to the ground. Say to yourself: "My feet are touching the floor." Notice the weight and pressure beneath you. If you wish, press your feet down just a little more. Let the support of the floor and the presence of gravity anchor you.

if you are able to take it further, name one sensation. Eg: "The floor is cold." "The floor is brown." "The rug is soft."

It's okay if all you sense is contact—that is grounding in itself.



GENTLE SELF-CONNECTION

Rest one hand in the other, letting your hands settle into stillness. Quietly say: "I am holding my own hands." Simply notice whatever you feel—the warmth, the touch, or even nothing at all. This small gesture is enough; being here with yourself matters most.



Bring your gaze to any object near you and softly say: “I am looking at a [cup, plant, window, etc.]” Allow yourself to simply notice the color, shape, or texture—no need to judge, label, or analyze. Observing is enough; letting your eyes rest on this detail anchors you here.

IF YOU FEEL SOMETHING BIG *(and It's Too Much)*

Our bodies are smart. And they do a great job of trying to protect us - even when that protection looks like numbness or disconnection.

Sometimes returning to your body after a long period of disconnection can feel calm. Safe. Grounded.

But sometimes it doesn't.

Sometimes, physical awareness brings along unexpected guests: grief, rage, heartbreak, fear. Big feelings can rise up - not because something's gone wrong, but because your body finally feels safe enough to let them through.

If this happens to you, know this:

You're not broken.

You're not doing it wrong.

You're exactly where you need to be.

Pause.

Set the practice aside if you need to.

Come back to them later - or not at all.

What *matters most* is that you **don't force it..**

This work is useless if it produces more shame.

In this work, choosing is always more important than doing.

Your willingness to show up is the truest expression of care. Every small return matters.



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