



CPCD

The Collaborative for Professional Clinical Development

Centering exercise

Let's begin

with your feet firmly on the ground
place your hands on your knees or at your sides
Gently inhale in count 1234567 8
Exhale and count 1234567 8

Repeat

- Slow down your thoughts relax your body become calm and focused
- Now that your mind is calming and slowing begin to focus on the task at hand
- Break the tasks down into small pieces that seem to be easy to reach
- Give yourself permission to be here now
- Be grateful for this moment and this very breath, breathe slowly think of all the confusion and clutter around you and allow that to slowly fade away
- Breathe and release the thoughts from your mind breathe bring yourself to a clearing , clear your thoughts, clear the confusion, and focus on the task at hand.
- Breathe and focus breathe and focus slowly begin to think of the things to do and breathe and bring yourself back to the place you to begin and create.
- Awake and begin