



Soles of the Feet



This practice helps teach adults (and children!) how to quickly reorient their attention from something negative or triggering in their immediate environment to a focal point that is largely neutral—the soles of the feet. Since the attention is now directed from a distressing environmental trigger (remember, your mind is part of the environment so this means even negative thoughts and memories!) to a neutral point, the brain can quickly shift out of a stress response to a neutral calm response. This meditative practice was originally developed for children with autism who have difficulty with changes in their environment and routines (e.g., transitioning from one activity to another), and has since been replicated effectively with children and adults with different needs and backgrounds and experiences.

To do this activity, click on the audio file below. This was completed by Dr. Aria Fiat and was tested at a large convention with hundreds of participants and the data from that study indicated that participants experienced an immediate and noticeable drop in stress reactivity in the body (as measured by electrodermal activity, i.e., how activated the body is) which also led to lower stress levels for several minutes after the activity.



Click on the icon above to listen to the brief audio file.