



The SEED Tool

From
The Healing Curiosity Project

thehealingcuriosityproject.com



The SEED tool is a gentle 4-step practice designed for moments when you feel overwhelmed, stuck or disconnected from your body

It helps you move forwards by staying curious and by taking a small next step, without pressure.

Think of it as planting the first seed that creates the conditions for deeper work to grow later.

You can use SEED in less than 5 minutes, anywhere.

S

Stop

Even a few seconds of settling in the moment helps your nervous system feel less threatened.

Simply notice: 'I'm here.'

Take a simple 60-second pause – you are not trying to fix anything:

NOTICE

Notice your body without judgement (tight jaw, low energy, racing thoughts...)





E

Exhale

Gently breathe out. If it feels comfortable, allow the out breath to be slightly longer than the in breath. Comfort matters more than technique.

NOTICE

‘What is the quality of my breath in this moment?’ (e.g. shallow/deep; fast/slow; restricted/free etc...)

E

Engage Your Senses

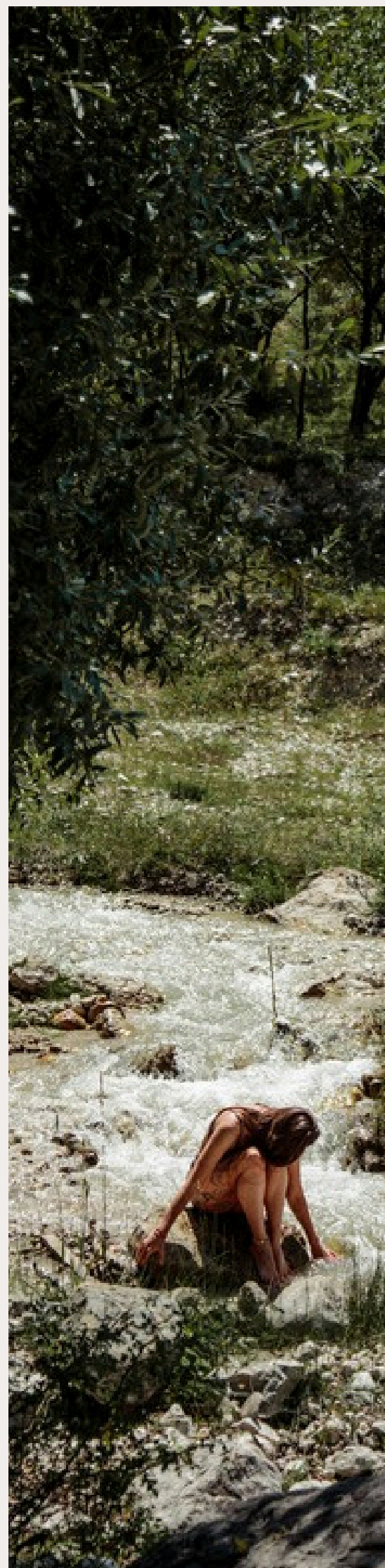
Gently bring your attention to what is around you.

This helps widen your awareness and your body recognises orientation as a safety cue.

NOTICE

You might notice – 3 things you can see; 2 things you can feel; 1 sound you can hear.

Ask yourself: 'What tells me I am safe right now?'



A vertical photograph on the left side of the page shows a person's legs from the knees down, wearing dark blue jeans and brown leather boots. They are walking through tall, dry grass. The background is a warm, golden sunset or sunrise, with the sun low on the horizon, creating a strong backlight effect. The overall mood is contemplative and serene.

D

Decide the next kind step

This should feel small and realistic.

Ask: 'What is the kindest next step for me right now?'

This could be resting, asking for help, doing less...

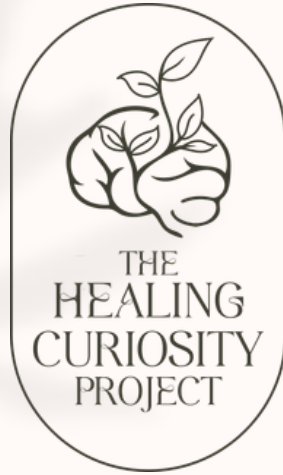
A reminder



SEED is not about getting rid of symptoms.

It is about supporting your system when it's under strain.

This practice is intended to support wellbeing and self-awareness. It is not medical advice and is not a substitute for diagnosis or treatment by a qualified healthcare professional. Please seek medical guidance if you have concerns about your health.



Let's Connect

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