What do I do with my Feet?

1. **Feel your feet.** Take a moment to stand with your weight evenly balanced through the entire sole of each foot. Imagine your feet sinking into the ground. Feel the length in the spine supported by the strong connection your feet make with the ground. Breathe.

2. **Experiment with your balance.** As you stand, look down at your feet and notice whether or not they are hip distance apart. See if you can find a position where the feet are right underneath your hips, not too wide of a stance, not too narrow. Without moving the position of your feet, rock forward back and side to side, gradually widening your circle. Maintain your balance for as long as possible.

3. **Tense and release.** Once you have come to a place of stillness, tighten all of the muscles in your feet and then release them. Feel the tingle in the muscles and the slow release. Physical ticks in the body can be a result of excess tension, these simple exercises will help to relieve some of the tension you may experience.

4. **Massage your feet.** Take off your shoes and place a tennis ball under your foot. Start at the base of your heel and slowly roll the ball up the length of the bottom of your foot, placing as much pressure as you are comfortable with. Repeat as many times, as is necessary, to make contact with the different areas of the foot. Remove the ball and place the foot on the floor. Notice any differences between the foot that has worked with the tennis ball and the one that has not. Repeat with the opposite foot.

5. **Make a plan.** Consciously decide where you will move during your presentation or lecture. Mark these movements clearly in your notes. Give yourself three different movements to make contact with the different areas in the room. You won’t need to plan your movement this specifically forever, but for the time being, it will help you become more aware of using purposeful movement.

6. **Give your feet a rest.** When appropriate, choose one section of your material that you could deliver seated, or even leaning against a table, chair, or podium. Obviously, this is a more informal approach and is best saved for situations where an intimate atmosphere is desired.

7. **Choose a safe place.** If you find that you have a tendency to wander aimlessly, it can be helpful to choose a safe place, like the side of a podium to check in with. When you sense that you are beginning to wander, come back to the podium for a moment and use a physical gesture, such as touching the podium, to remind yourself to find stillness.
What do I do with my Feet? (Cont’d)

8. **Enlist the help of friends.** On the off hand chance that none of the other suggestions help you to find your grounding, ask a friend to help. Choose a lecture or presentation that you regularly give and ask the friend to hold onto your ankles and remind you not to move. This can be fairly frustrating, but a very helpful way to work with your movement.

9. **Get involved.** Karate, Tai Chi, and Yoga all focus on physical stance and use of supported movement. Check out a class and reap the rewards any time you speak in public.

10. **Hear with your feet.** One common challenge is to stay still and focused when receiving questions. Imagine that you are listening with your feet. You might hear more!