



## **Settling Techniques**

Settling techniques are exercises that help reduce symptoms of dizziness, nausea and imbalance by increasing the pressure sensor (in your soft tissue and joints) input to your brain's balance center. This helps the brain ignore the excessive vestibular stimulation it is receiving from the inner ear. They can be used any time during the day, as many times as needed during, before or after your vestibular exercises. You may find one particular exercise works better for you than the others.

1. Sit in a chair with your feet flat on the floor. Place your hands on top of your head with fingers laced together. Press down gently on your head in the direction toward the floor. This push in the line of gravity increases the sensory information to the brain to help ground you.
  - This exercise can also be done standing. Stand straight and place your hands on the head as above. Press down gently straight toward the floor.
2. Sit in a chair with your feet flat on the floor and your back against the back of the chair. Press your heels into the ground and your back and shoulders into the back of the chair. If a headrest is available, or the chair is against the wall, press your head into the surface as well. Pressing yourself into the chair will increase the sensory information to the brain and help ground you. (This is particularly useful when in a crowded restaurant or in a car).
  - This exercise can also be done standing. Stand up against the wall and press yourself into the wall. (This is useful when in a crowded store or business place).
3. Sit in a chair and place weights on your shoulders. Use a 2-5 pound weight, bag of rice or beans over the shoulders to increase the gravity input and sensory information to the brain. This technique works particularly well for those who feel they are constantly in motion when in fact you are still.
  - This exercise can also be done in bed, lying on your back. Place a weight over the chest and one over the pelvis to help settle you and stop the sense of motion and dizziness when trying to sleep.
  - This exercise can be done in standing as well. Follow the steps above for placing weights over the shoulders. You may want to stand against a wall with weight on the shoulders if you are very dizzy.