

GROUNDING

practices for bringing your focus into your body and immediate surroundings

Finding your embodied connection to the earth



- Bring your awareness to where your feet touch the ground; push the sole of your feet against the ground and notice the pressure of the ground pushing back
- Bring your awareness to where your body touches the chair/bed/ground; feel your weight sink into the surface
- As you walk, bring your attention to your feet; with every step, feel your weight press against the ground through the soles of your feet

Using distraction

- Count by 7's to 100
- Say the alphabet backwards
- Find all the round or red objects in the room



Focusing on your breath



- Bring your awareness to your breath, noticing where you feel it most in your body. This might be in your nose, sinuses, neck, chest, belly, or somewhere else. Breathing normally and naturally, be aware of breathing in and breathing out. Simply maintain this awareness of breath.
- Inhale for 4 counts, hold your breath for 7 counts, and exhale for 8 counts

Using your 5 senses



- Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Pick an object and describe it to yourself in detail, it's color, texture, weight, shape, etc.

Self-soothing

- Take a shower or bath
- Give yourself a massage
- Repeat an affirmation like "I am strong," "I am enough," or "I am capable"
- Imagine someone you care about is telling you that they love you

