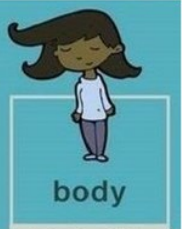




TECHNIQUES IN GROUNDING



HOW TO BE IN THE PRESENT



1. BODY

Lay on the ground, press your toes into the floor.

2. FIVE SENSES

Wear your favorite sweatshirt, use essential oils, make a cup of tea



3. SELF-SOOTHE

Take a shower or bath, find a grounding object, light a candle



4. OBSERVE

Describe an object in detail, color, texture, shadow, light, shape



5. BREATH

Practice 4-7-8 breathing; Inhale to 4, hold for 7, exhale to 8

There is no denying that life is stressful. Most of us feel a sense of urgency and rush almost always. There is hardly time to breathe, much less take a moment to enjoy where we are. Our minds are almost always thinking ahead. - What's next or coming up? We inevitably end up living in a fog and never fully experience what's right in front of us. Instead of enjoying our achievements we spend our time fretting about what's to come or remorseful about those past events that can't be changed.

Not living in the moment means you float through life without a strong sense of purpose.

We need to stop floating and start incorporating grounding techniques in our every day life. Grounding is a technique that helps keep someone in the present. These simple exercises help reorient a person to the here-and-now. Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. They help someone to regain their mental focus from an often intensely emotional state.

Practice exercise for grounding:

The 54321 Game

- Name 5 things you can see in the room with you.
- Name 4 things you can feel ("chair on my back" or "feet on floor")
- Name 3 things you can hear right now ("fingers tapping on keyboard" or "tv")
- Name 2 things you can smell right now (or, 2 things you like the smell of)
- Name 1 good thing about yourself