

Feeling anxious or stressed? Get grounded in your body

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Orienting to the external environment with your five senses combined with slow, even diaphragm breathing helps the body to shift the nervous system out of the sympathetic mode (activation, accelerator, stress, survival) into the parasympathetic mode (relaxation, brakes, calm, safety).

Here are 4 ways you can get grounded in your body:

Notice Your Surroundings

1. Pause and feel your body in contact with whatever surface you are on (ground, chair, couch, etc).
2. Then look around slowly and name to yourself things that you see around you (e.g. the red chair, the green plant, the picture on the wall, the brown cup).
3. Bonus: You can also name things that you can hear, touch, smell, or taste.
4. Breathe several slow, even diaphragm breaths and feel the weight of your body held to the earth by the steady pull of gravity.

Notice Your Surroundings Using All 5 Senses

1. Pause and feel your body in contact with whatever surface you are on (ground, chair, couch, etc).
2. Look around you slowly and name:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste
3. Breathe several slow, even diaphragm breaths and feel the weight of your body held to the earth by the steady pull of gravity.

Heavy Feet & Hands

Focus your attention on your hands and feet, and as you rest your attention there, allow them both to become heavy and weighted. Let yourself sit for a moment and experience the heaviness. Slow, even diaphragm breathing enhances the grounding, centering effect.

Warm Feet & Hands

Focus your attention on your hands and feet and as you rest your attention there, imagine sending warmth to them both. Let yourself sit for a moment and experience the growing warmth in your hands and feet. Slow, even diaphragm breathing enhances the grounding, centering effect.