Grounding Techniques

Start with Deep Breathing

1. Bring your attention to your breathing. Notice the natural pattern of your breath.
2. Gently shift your focus down to the floor or close your eyes if that feels right.
3. Place one hand on your chest and one hand on your belly.
4. Release your last natural breath.
5. Inhale slowly, breathing deeply. You should feel your chest and stomach rise as you breathe in slowly.
6. Hold your breath for a few seconds
7. Exhale slowly
8. Repeat as needed

Sensory Exploration

1. Look around you, what are 5 things you see?
2. Tune in to your body, what are 4 things you feel?
3. Listen to the world around you, what are 3 things you hear?
4. Bring your awareness to your nose, what are 2 things you smell?
5. Notice your mouth, what is 1 thing you taste?

End with Deep Breathing

1. Once again, focus your attention on your breathing. Notice the natural pattern of your breath.
2. Gently shift your focus down to the floor or close your eyes if that feels right.
3. Place one hand on your chest and one hand on your belly.
4. Release your last natural breath.
5. Inhale slowly, breathing deeply. You should feel your chest and stomach rise as you breathe in slowly.
6. Hold your breath for a few seconds
7. Exhale slowly
8. Repeat as needed

*You can try setting an intention with your breathing as well. Think about what you would like to invite in with your inhale and what you would like to release with your exhale.