



## **Grounding Exercise**

Grounding exercises are a great way to bring yourself back into the present moment and reconnect with your body. This particular exercise is one of my favorites, and it's super simple!

First, find a comfortable spot where you can sit or stand. Make sure you're in a space where you won't be disturbed for the next few minutes. Now close your eyes and take five deep breaths. Focus on each breath as it comes in and out of your body, feeling the sensation of air moving through your nose, filling up your lungs, and releasing again.

Next, start to become mindful of the surface that's beneath you - whether it's the ground beneath your feet or a chair beneath your bum. Notice how it feels against your skin, and any other sensations you may be picking up in the area.

Now begin to become aware of all the different parts of your body that are in contact with this surface: your feet, your legs, your backside, etc. As you do so, focus on each individual part one at a time and notice any feelings or sensations present there.

Next, shift your attention to the entire environment around you - what can you hear? What can you smell? What does the air feel like against your skin? Keep focusing on these elements until they become sharp and clear in your mind's eye.



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Finally, take one more deep breath before opening your eyes again. Notice any differences in your body or the environment now compared to when you started. Congrats - you've just finished a grounding exercise!

Now that this exercise is over, it is helpful to take a few moments to reflect on what came up for you. Writing down your thoughts and feelings can be a useful way to process these experiences and gain deeper insights into yourself. Try it out! If it resonates with you then keep practicing this exercise whenever you need to come back into the present moment. Enjoy!