

GROUNDING PRACTICE

Practices that support safety, care, and resilience

SUMMARY

Certain emotions and situations can act to throw us off balance. When we receive challenging news our first reaction is to sit down or brace ourselves against a wall. In these moments of uncertainty and threat, it can be helpful to ground ourselves by physically touching a solid object and bringing our conscious awareness to it. The following steps offer simple guidance for grounding.

1. GATHER

Pause and gather yourself by bringing your attention to your body.

“Pausing, I am aware that I am in my body.”

2. FOCUS ATTENTION

Focus your attention on the point of contact between your body and a solid object. Your attention can focus on the space between the soles of your feet and the ground; between the palms of your hand and a table, or between your legs and a chair.

“Aware of my body, I bring attention to the space between my feet and the ground.”

3. BRING AWARENESS

Bring awareness to the solidity of the ground, table, or chair.

“Aware that the world is constantly changing, I recognize the solidity of the ground in this moment.”

4. DWELL IN THE FEELING

Spend a few breaths recognizing the feeling of being grounded and solid.

“The earth is solid; I am grounded”