

# Grounding Techniques

## **Breathing Exercises**

### *Box Breath*

- Sit down in a comfortable chair with your feet firmly planted on the floor
- Inhale for a count of four
- Hold for a count of four
- Exhale for a count of four
- Hold for a count of four
- It can also feel help to trace the square on your leg as you breathe, one line for each of the four steps
- Repeat as long as necessary

### *Pursed Lip Breath*

- Sit down in a comfortable chair with your feet firmly planted on the floor
- Inhale through your nose for a count of two (it doesn't have to be deep, just a regular breath)
- Exhale, pursing your lips, for a count of four
- Repeat as long as necessary

## **54321 Exercise**

Name:

- 5 things that you can see
- 4 things that you can feel
- 3 things that you can hear
- 2 things that you can smell
- 1 thing that you can taste

## **Butterfly Hug**

- Give yourself a hug, placing your right hand on your left shoulder and left hand on right shoulder
- Close your eyes and take a deep breath
- Slowly alternate patting your right and left shoulders, one at a time, for a total of six gentle pats on each side
- Give yourself a tight squeeze before opening your eyes

## **Four Elements Meditation**

### *Earth*

- Feel all the places where your body connects to the ground
- Imagine roots shooting from these places of contact, burrowing down into the ground and connecting you firmly with the Earth
- With every inhale, draw energy up from the ground. With every exhale, imagine yourself sending any negative feelings down through the roots to be released into the ground.

### *Air*

- Place one hand on your chest and the other on your abdomen
- Feel the breath as it flows through your body, feeling which parts of you rise and fall to allow the flow of the air
- Feel the coolness of the air as it enters your nostrils
- Feel the warmth of the air as it leaves your body, feel the brush of your exhale on your lip

### *Water*

- Notice how your mouth feels, is it dry? Move your tongue around and imagine eating something delicious to encourage saliva production again.
- Pretend that your mind is a river, watch your thoughts drift through your mind
- Acknowledge each thought as it presents itself, then let it get carried out of your mind by the gentle current of the river

### *Fire*

- Feel a warm ball of energy form in the centre of your chest
- Feel this warm energy as love, forgiveness, and healing
- Imagine the warmth spreading up and down your spine, from tailbone to head
- Imagine the warmth spreading across your shoulders, down through your arms, and into the tips of your fingers
- Imagine the warmth spreading across your hips, down through your legs, and across the soles of your feet into your toes
- Finally, imagine the warmth filling your entire torso, feeling the fullness of your entire body with warm, loving, healing, forgiving energy and think the following words to yourself: I am whole. I am enough. I am the author of my own life.

### **Safe Space Visualization**

Sit or lie down somewhere comfortable. Imagine that you are in a place where you are completely alone, safe, and relaxed. An easy way to find this place is to remember a time when you were blissfully happy and place yourself there. Sometimes this is a beach, a forest, a park bench, a cabin in the woods... any visual that brings you complete peace.

*It's important in doing this that you don't choose a wishful memory, thinking of a time where you wanted to be happy but there was something in the way. Trying to rewrite the past takes away from the present moment and the grounding of the exercise.*

If you can't come up with a memory or visualize a whole place, try to focus on one calming aspect of it, like waves lapping gently against the shore, the sound of wind through chimes or through trees, or the sensation of being a stone drifting back and forth through the water towards the bottom of a pond.

### **Full Body Smile Meditation**

- Find a comfortable seated position that you can relax into
- Let your hands rest gently on your thighs
- Focus on your breath, how it feels in your body, not changing it, just observing
- When you feel settled, allow a gentle smile to spread across your face
- Sit like this, imagining that every part of your body is smiling, for as long as you want