

GROUNDING EXERCISE

Grounding is a normal, automatic and natural process where we use our five senses to become more grounded. We learn to notice what we can feel, hear, taste, touch and see. We also learn to notice our breath and what is going on inside our bodies.

Being grounded helps us deal with our internal processes, feelings and thoughts in a natural and easy manner. Being grounded helps everyone around us deal with their own process in more beneficial way.

Grounding can be completed at any time whilst we are doing anything. We don't need to close our eyes or take time out, which means it is really accessible.

You also can't get it wrong; you simply keep paying attention to your five senses. Therefore, this very simple, yet profound technique is an activity you can do to get yourself ready for your day, chair a meeting, have a difficult conversation or just to be with yourself for a few minutes.

THE GROUNDING STEPS ARE:

- Feel both your feet on the ground
- Feel the contact your body is having with either the chair you are sitting in, the clothes you are wearing or the ground etc
- Notice what you can hear – all the different sounds out there
- Notice what you can smell
- Notice what you can taste
- Notice what you can see – shapes, textures, colours
- Notice your breath – your inward breath, the pause between the breaths and your outward breath
- Observe where in your body you are experiencing any tension or sensation
- And keep repeating this cycle for as long as you wish

