

Grounding techniques

Body awareness

The body awareness technique will bring you into the here and now by directing your focus to sensations on the body.

- 1) Take 5 long deep breaths through your nose, and exhale through your lips
- 2) Place both feet on the floor flat- wiggle your toes- curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet
- 3) Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
- 4) Clench your hands into fists then release the tension- repeat this 5 times
- 5) Press your palms together- press them harder and hold this pose for 10 seconds. Pay attention to the feeling of tension in your hands and arms.
- 6) Rub your palms together briskly- notice the feeling of warmth
- 7) Reach your hands over your head like you are trying to reach the sky- stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
- 8) Take 5 more deep breaths and notice the feeling of calm in your body.

