



# Grounding Exercise

Podcast Episode 4

Date:

Below is a description of what I (Toni) do when I experience times of high anxiety and overwhelming feelings. I do this to remind myself of where I am in that moment and to bring myself back to the present. There are other variations or methods of this. I came up with this exercise on my own and have continued to use it when I need to.

Before each step, take a deep breath in.

1. Close my eyes and try to slow my breath.
2. Feet- I bring my thoughts to my feet. I ask myself, what do my feet feel? (ex. Cold hard floor, soft or rough carpet.)
3. Legs- I bring my thoughts to my legs. What do my legs feel? (ex. the feel of the chair)
4. Hands- Bring my thoughts to my hands. What do they feel? (ex. the cold hard desk)
5. Bring my hands to my heart.
6. Thoughts- Think and tell myself of where I am- (ex. I'm in my office chair or I'm at home sitting on the couch. I feel the air on my arm, I feel the softness of my sweater.) (This helps bring my thoughts from chaotic memories to the present. It reminds me where I really am and not in the midst of my anxious thoughts and memories.)
7. Tell myself what is- (ex. I am in my office. I am working on (fill in the blank), I am safe. My son is safe. My son is not sick. My husband is safe. He is not sick, etc.)
8. Thankfulness- I am thankful I am safe. I am thankful I am well. I am thankful I can breathe. I am thankful my son is safe at grandma's. This brings me to the present and also changes my heart to thankfulness instead of anxiousness.
9. End with a a final, deep cleansing breath.
10. Lastly, do the next thing.  
(This is whatever it is for you. It could be, getting up to get a drink of water, go for a walk, call a friend. Or, it could be, do the next step in your project, or clean the dishes, feed the cat, put away laundry.)

Keep doing the next thing, being mindful of taking a deep breath. Before you know it, you realize you got yourself through the day. - You are loved 

\*If additional support is needed, we encourage you to consult with your physician or mental health professional to see what steps are right for you. \*