

6

ways to practice grounding

1

Body

Lay on the ground, press your toes into the floor, squeeze playdough

2

5 senses

Wear your favorite sweatshirt, use essential oils, make a cup of tea

3

Self-soothe

Take a shower or bath, find a grounding object, light a candle

4

Observe

Describe an object in detail: color, texture, shadow, light, shapes

5

Breathe

Practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8

6

Distract

Find all the square or green objects in the room, count by 7s, say the date

