

GROUNDING TECHNIQUES



Simple, body-based ways to return to the present moment

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Grounding reconnects your body and mind, signalling that you are *here, now*, not in past or future worry. It doesn't push feelings away, grounding creates enough stability to hold them safely. These techniques can be practiced anytime when you feel anxious, disconnected, or simply want to reconnect with yourself.

With repetition, they strengthen your body's ability to return to balance more quickly after stress.

Techniques you could use

- **Walk barefoot** in your room and focus on the sensations under your feet.
Notice the temperature, texture, and pressure. Feel the support beneath you with each step.
- **Lie down** and rest your palms facing up.
Notice how your body makes contact with the floor, the points that feel supported, the areas that release. Let your breath slow down as you settle into being held by the ground.
- **Slowly look around and find five objects:** observe their colours, textures, and shapes. Let your eyes move gently, reminding your body that it's safe to look and see.
- **Gently move your hands** or stretch your fingers.
Feel the air between them. Whisper to yourself: *"I am here, now."*
- **Hold a warm or cool object:** a mug, a stone, a soft cloth, or an ice cube.
Notice the temperature and weight. Let your senses anchor you in the present moment.
- **Soothing movement:** sway side to side, rock gently, or tap your feet in a steady rhythm.
Small rhythmic motions can calm the vestibular system and settle restless energy.
- **Humming or low singing:** choose a simple sound or melody and let it vibrate through your chest and throat.
The vibration stimulates your vagus nerve and encourages relaxation.
- **Soft eye movement:** slowly move your gaze around the room.
Let your head follow naturally. When you notice something pleasant or neutral (a colour, shape, or light) pause and take a full breath. This helps your brain orient to safety in the present.
- **Breathing:** place one hand on your chest and one on your belly.
Inhale gently through your nose for a count of 4, and exhale slowly for 6.
Feel your hands rise and fall. Imagine the breath like waves returning to shore, steady and rhythmic.
- **Name the present moment.**
Quietly describe where you are and what's around you:
"It's morning. I'm in my room. The light is soft. I'm safe enough right now."
Naming what's real now brings your mind and body back into alignment.