

Grounding Practice Guide

Purpose: Calm the nervous system, return to the present moment, and feel steady in body and mind.

Preparation (1 min)

- Find a quiet spot seated or standing with feet flat on the ground.
- Set an intention (e.g., "I want to feel calm and present").

Basic 5-Minute Grounding (recommended)

1. Roots to Earth (1 min)
 - Close eyes or soften gaze. Feel both feet on the floor.
 - Imagine roots growing from your feet into the earth, anchoring you.
2. Breath & Body Check (1 min)
 - Inhale for 4 counts, exhale for 6. Repeat 4 times.
 - Scan briefly from head to toes; note tension without judgment.
3. 5-4-3-2-1 Senses (2 min)
 - Name 5 things you can see (open eyes if needed).
 - Name 4 things you can touch right now.
 - Name 3 sounds you hear.
 - Name 2 smells you can notice.
 - Name 1 thing you can taste or a simple positive phrase (e.g., "I am safe").
4. Anchor Movement & Affirmation (1 min)
 - Press feet into floor and gently rock or lift shoulders and release.
 - Say a grounded phrase aloud or in your mind (e.g., "I am here. I am safe.")

Extended Practices (10–20 min)

- Grounding Walk: Walk slowly outdoors, focusing on footfalls, breath, and sensations. Match steps to breath if helpful.
- Body-Scan Grounding: Longer progressive scan (head to toe), pausing to breathe into tight areas.
- Earth-Connection Visualization: Visualize exchanging stress into the earth and receiving steady energy back.
- Weighted or Tactile Grounding: Hold a stone, blanket, or weighted object; notice texture, weight, temperature.

Quick Micro-Grounders (30–60 sec)

- Name 3 things you can see and 2 sounds.

- Press your feet firmly into the floor and breathe out slowly.
- Hold a cold glass of water, notice sensations, sip mindfully.

When to Use

- Anxiety spikes, dissociation, overwhelm, before/after challenging conversations, or anytime you feel ungrounded.

Tips & Safety

- If intense trauma responses occur (dizziness, panic, flashbacks), reduce intensity: open eyes, slow breathing, focus on concrete sensations (feet, chair). Seek professional support for trauma-informed care.
- Practice regularly (daily mini-sessions) to strengthen the nervous system.
- Combine grounding with other self-care (hydration, sleep, movement).

Closing

End by noticing any shift—big or small—and carry one simple intention forward (e.g., “I will pause and breathe when I feel overwhelmed”).