



GROUNDING

What is it?

Grounding teaches us to direct our attention to the present moment. It allows us to energetically connect to the earth. Grounding can help someone who has experienced panic attacks, anxiety, trauma, or stress.

Why is it important?

Grounding is important because it gives us strength to reconnect with our body and mind when we feel scared, sad, or alone. Grounding can help us feel safe, gain control, deal with painful emotion, and make us feel calm.

When you are NOT grounded, you may feel:

Dizzy
Tired
Spaced out
Alone
Sick to your stomach
Sensitive to sound and light
Low in energy
Disconnected



How do I ground myself?

- Drink ice cold water
- Wash your hands with cold or warm water
- Turn the lights on
- Look around the room and describe what you see
- Touch objects and describe them
- Walk in nature
- Dance
- Sing
- Hug yourself or others
- Garden
- Stretch
- Breathe
- Stomp your feet
- Jump up and down
- Peel an orange/lemon



- Play with a pet
- Remember a safe space
- Count to ten
- Call a friend
- Think of someone you care about
- List your favourite things (songs, animals, food)
- Meditate or pray
- Repeat positive messages like:
 - 1) I am safe right now
 - 2) I am a good person
 - 3) I will get through this

Tips for Grounding

- 1) Breathe
- 2) Keep your eyes open
- 3) Practice
- 4) Ask for help

Meditation

Meditation is a way to help ground ourselves. Through meditation, we can reconnect to the present moment, giving our mind and body the energy they need.

Tree Meditation

Begin to breathe slowly and deeply.

Sit in a chair or stand on the ground, with both of your feet touching the floor.

Start to relax your muscles: your neck, shoulders, arms, hands, fingers, stomach, legs, feet, and toes.

Imagine your feet growing deep roots into the ground. With each breath, your roots grow deeper into the soil. The stress starts to flow out of your body.

Feel yourself growing up towards the sun. Breathe in love, light and positive energy.

Take a few more deep, long breaths and repeat, ``I am a strong, beautiful part of the earth``.

