



Short Grounding Technique

- ✚ Notice your seat and back...
- ✚ Notice your feet on the ground...imagine them being anchored to the ground
- ✚ Breath... pause between the inhale and the exhale... do this for a few breaths
- ✚ Notice and feel your torso and shoulders being supported by the chair and the ground. Really let your body drop and your weight being carried by the chair and ground... loosen all muscles.... let all the pent up energy out... (Note: let yourself be carried by the chair – imagine yourself floating or being carried by a cloud soft as cotton.)
- ✚ Scan your body for one comfortable relaxing sensation in your body e.g. right hand...really feel it explore how good that feeling is...
- ✚ Notice sounds
- ✚ Stay present