



SIX WAYS TO PRACTICE GROUNDING AND SOCIAL DISTANCING

Grounding is bringing your focus to what is happening within or around you



BODY GROUNDING EXAMPLES

Lay on the ground and take note of what the ground feels like beneath you. Just where you are, feel the chair under you and press your feet into the ground. Squeeze playdough.



SELF-SOOTHING EXAMPLES

Take a bath or shower, listen to your favorite music, make your favorite meal, have a treat, call a friend, light a candle, sit outside and listen to the sounds of nature around you, read a book



DISTRACTION EXAMPLES

Find all the round objects in a room, find all the blue objects around you, say the date, time and year, count things in groups of three, reading a book or listening to music are great distraction techniques, too!



OBSERVATION EXAMPLES

Find an object in the room and describe it in great detail: color, textures, light, shadows, shape, size. Take a bite of food and describe that in great detail too



MOVEMENT EXAMPLES

Connect to yourself through exercise. Yoga, walking, jogging, lifting weights, dancing around the house are all great options to feel grounded