

Grounding Exercise/Practice

Grounding is a foundational somatic resource that supports us both psychologically and physically especially when in stressful situations.

Grounding Exercise

1. Place both feet uncrossed on the ground
2. Bring your attention to both feet and notice how the heel and sole of both your feet make contact with the ground. Feel the ground underneath your feet.
3. Press one foot firmly onto the ground, then the other, engaging your thighs and buttocks, then press both feet onto the floor at the same time.
4. Sense the effect on your spine and the rest of your body.
5. Notice the experience of both feet making contact with the ground.
6. Keep doing this until you feel sensations in your lower legs and feel grounded.

Grounding Exercise when in a Public Place

1. Place both feet uncrossed on the ground.
2. Bring your attention to both feet and notice how the heel and sole of both feet make contact with the ground. Feel the ground underneath your feet.
3. Select one leg and press the foot gently down onto the ground slowly increasing the strength of your push and track which muscles in your leg are activated. Push with a little more strength and notice how your pelvic and back areas engage as you increase the force. Hold this for a few seconds and then let go, allowing the tension to slowly drain out of your muscles
4. Repeating step 3 twice.
5. Now notice how your body feels.
6. Optional: Repeat using the other leg and track as before.