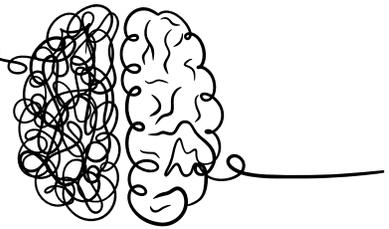


a guide to  
**GROUNDING**  
practices  
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In an ever-busy world filled with distractions and stressors, grounding techniques can provide a vital sense of stability and calm. "Grounding" is the fancy psychological term that means "getting out of your head and into your body."

**A grounding technique engages the combination of your sensory system to bring your mind back online, or what we call in the trauma-informed world of mental health as an integrated brain in a regulated body.**

It is helpful to develop the grounding practice when you are not activated by stress, anxiety, or fear. Once you have a few techniques working in your daily grounding practice, you will be able to utilize those techniques at critical times, such as in conflict, preparing for an event, and navigating through a stressful or anxiety-producing situation.

Whether you are navigating daily challenges or seeking to enhance your mental resilience, these practical strategies will empower you to cultivate a healthier version of yourself while improving your emotional well-being and enhance your overall quality of life.

Get  
Support

Would you like  
personalized support on  
your journey toward  
emotional well-being?  
Book a Consultation  
Session at  
Stableminded.us  
to find out how coaching  
or therapy could  
help you.



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## Breathe Deeply

Did you know that is common to take shallow breaths and not actually experience the full benefit of deep breathing? Chest breathing is common for those who struggle with anxiety. So the first step in developing a grounding practice is to work on your breath..

1. Place a hand on your stomach with your thumb on your belly button.
2. Place the other hand on your chest.
3. Inhale like you're smelling flowers.
4. Exhale like you're blowing out candles.
5. Repeat and notice which way the hand on your belly moves. Does it go up/out?
6. Inhale again and see if you can fill your belly so that it moves out.
7. Exhale, imagining your belly button touching your spine.
8. Practice five rounds at least one time a day.

## Body Scan

The best position to practice the body scan for the first time is lying down on your back. But once it becomes a familiar practice, you can do a body scan anytime in any position. It is this versatility that makes it a great practice to utilize whenever anxiety, tension, stress, or fear sets in.

1. Take a few deep breaths.
2. Let your breathing slow down and make sure you shift from chest breathing (shoulders moving) to belly breathing (belly filling up like a balloon).
3. Bring awareness to your feet. Wiggle and squeeze your toes.
4. Take a breath.
5. Move your attention up your body, squeezing and releasing each part starting with your ankles, then your lower legs, upper legs, into your hips and glutes, up to your torso, neck, head, jaw, and eyes, followed by your shoulders and arms, finishing with your hands and fingers.
6. If you notice any uncomfortable sensations, focus your attention on that discomfort and breathe.
7. To end your body scan, take three deep inhales and exhales.

## 4-Count Breath

This exercise strategy helps reduce anxiety by slowing your breathing and heart rate.

1. Inhale slowly 1-2-3-4-, like you're smelling flowers.
2. Exhale slowly 1-2-3-4, like you're blowing out candles.
3. Using the same slow breath, now inhale and hold for a count of four, then exhale slowly.
4. Repeat
5. Practice four rounds at least one time a day.



## Box Breathing

This is an alternative to the Box Breath, which also helps to slow your breathing rate and heart rate.

1. Inhale to a count of four.
2. Exhale slowly, blowing the air out of your mouth.
3. Inhale again.
4. Exhale slowly, this time imagining drawing a box with your breath 1-2-3-4.
5. Repeat as needed.

## Check Your Heart Rate

Grab your Apple Watch, a Fitbit, or Heart Rate monitor to check the following average rates for yourself:

- Resting
- Walking
- Exercising
- Talking
- Instructing/Teaching/Leading
- Anticipating a Stressful Event or Encounter
- Responding to Unexpected Information
- Navigating Difficult Conversations
- Working through Conflict
- Being startled or scared



What do you notice about the range of your heart rate based on circumstances and experiences? Is there anything concerning your results? What calming technique works best to bring your heart rate back to a healthy, resting rate, especially after a stressful or intense experience?



## 3-Minute Breathing Practice

Set a timer for three minutes to practice breathing with intentionality.

For each minute, guide your thoughts with these prompts:

**First Minute: Awareness**

As you breathe, notice what you're feeling, thinking, and sensing in your body.

**Second Minute: Gathering**

Bring your attention back to your breathing by focusing on deep inhales and exhales.

**Third Minute: Integrate**

Noticing your breath, look for places you can release tension in your body and relax as you return to the present moment.

## Stop. Drop. Roll.

### Step 1: STOP

Hit pause on whatever you're thinking, doing, or saying. Take a deep inhale and exhale.

### Step 2: DROP

Allow your body to soften and relax as you drop your head and your shoulders.

### Step 3: ROLL

Take another inhale and exhale, and imagine your tension and stress rolling out of your body. Gently rotate your head left to right, up and down. Lift and roll your shoulders front and back. Wiggle your fingers and toes.



# STABLEMINDED

*stabilize to thrive*

## COACHING

Coaching is ideal for clients who have a specific goal in mind and would like short-term targeted support on the journey.

## COUNSELING

Counseling is best suited for clients who recognize that the block to moving forward and experiencing emotional wellness is locked up in a mindset or habit that needs to be uncovered and healed.

## COURSES

Designed to support the growth journey, Stableminded courses target specific growth techniques and skills development.

*learn more at*

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