

Grounding & Calming



1

Listen to your breath

Without changing it, just listen and notice your breaths natural rhythm.

2

Feel your feet on the ground

While listening to your breath, feel your feet on the ground. Feel the pressure of the ground against your feet.

3

Bring attention to your hands

Just feel your hands while being aware of your breath and your feet. Gently feel your skin, the contours of your hands.

4

Notice your pelvis and your legs

Bring attention to your pelvis and legs, while maintaining awareness of your breath, your feet and your hands. Feel the strength and support your lower body gives you.

5

Connect with the environment

Stay connected to your breath, your feet, your hands, your pelvis and legs and slowly look around you. Moving your eyes, head and neck very slowly.