



Grounding Mindfulness Exercises: INSTRUCTIONS 2c

● Grounding Mindfulness (1):

We are going to use a 'grounding technique' to focus on the here and now. We will use the senses to purposely pay attention to our surroundings and the moment, just noticing what we notice without judgement. Then we will focus our attention back to the task (whatever that may be). As you do this you can imagine that your finding your centre of gravity, noting the sensation of gravity connecting you to the ground.

- Finding a comfortable position, adopting an upright yet relaxed posture, dropping the shoulders
- Put your feet flat on the floor, perhaps wiggling your toes to ground yourself in the sensation
- Notice the feeling of your feet (in your shoes) connected to the floor
- Notice any sensations arising in the feet allowing them to be there
- Becoming aware of the sensation of pressure where your body makes contact with other objects
- Expand to notice your whole body in this moment,... the feeling of gravity, gently pulling you down
- Notice the position of your arms and legs, notice your posture and facial expression
- You may notice sensations arising in the body, let them come and go. Some may be pleasant, some unpleasant and there will be areas where you don't feel any sensation.
- Allow your body to soften and settle into this position (on the chair, ground etc)
- Be aware of your breathing....the rise and fall of your chest..
- Notice the feeling of air going in and out of your nose or mouth
- Now zoom out and listen to the sounds around you, in the room and outside of the room
- Just allowing the sounds to come to you
- Your mind may wander off, which is completely normal, that's what minds do. Acknowledge where it went and escort your attention back to this moment, coming back to your body in the chair, notice the feeling of gravity and sensations of contact that your feet make with the floor
- Notice the temperature of the air on your skin and the touch of your clothes
- Allow yourself to settle, breathe deeply and relax if that feels comfortable
- Again, notice the feeling of your feet on the floor, the points of contact and sensations of pressure
- Now open your eyes, look forward and notice your surroundings, what you see around you
- You can notice objects without analysing them, there's nothing to fix or change
- Now, let them go now and come back to your body in the chair
- Notice the feeling of gravity and the contact your body is making to the surface beneath you
- You are here and now, becoming aware of your surroundings, sounds and sights.
- Move gently to awaken the body, perhaps stretching if you like
- Now focus back to the task at hand (whatever the physical or mental task is right now)

Grounding Mindfulness (2): Notice Five Things

This is a simple exercise to centre yourself and connect with your environment. Practise it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. First, just pause for a moment and notice the feeling of your body (as you stand or sit there).
 2. Notice your breath going in and out of your lungs, and the rise and fall of your chest as you breathe.
 3. Now look around and notice five things you can see.
 4. Listen carefully and notice five things you can hear.
 5. Notice five things you can feel in contact with your body. (E.g. your watch against your wrist, your clothes against your skin, the air upon your face, your feet upon the floor, your back against the chair etc).
- Feel free to rotate through these senses a few times more (what you see, what you hear, what you feel)
 - When ready to exit the exercise, move gently to awaken the body