

## Grounding techniques ;

First focus on deepening and slowing your breathing can bring you back to the moment.

Where are you? State clearly in you mindful voice exactly where you are. Such as “I am in North America, USA Corrales New Mexico, 1 Dona Marta Court building to the left south door, first room as you enter in the north east end of the room sitting in a chair.

What can you feel? I can feel the fabric of my black shirt, the wrap of the denim of my jeans around my thighs. I feel my feet in my shoes and the soles of my feet pressing my shoes to the floor.

What can you see? Look for and describe to yourself in details the large objects around you. Chairs, tables, lamps other furniture. Then look and describe the next smaller objects. Staplers, cups, tape dispenser, trash cans, pictures on the walls etc.

What can you hear? Identify the types of sounds then identify what could make them.

Shock your Body: Hold an ice cube. Put your hands in ice water or splash your face with it. Rub your hands together and make the skin heat up. A strong smell (keep it in plastic bag) Vanilla, Lemon or Ammonia.

Wave arms, twist or jump sensing your body with your focus.

### **Quick List of Things to Do to Ground:**

- Breathe - slow and deep, like blowing up a balloon.
- Pet an animal
- Eat ice cream! Or any favorite food. Pay attention to the taste.
- Take a shower.
- Take a bath.
- Go for a walk. Feel the sunshine (or rain, or snow!)
- Play your favorite music.
- Touch things around you.
- Hug a person
- Exercise
- Gardening

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