

GROUNDING

*How to stay grounded, calm and present in your body
It is a way to relieve stress.*

- Start by stamping your feet and clapping your hands to bring your energy to the extremes of your body.
- Stamp both feet and walk around the room saying “ *I am here! I am safe! I am here and I am safe!* ”
- Breathe – Become aware of the breath. Focus on breathing deeper, fuller breaths.
- Keep repeating this until you feel calm again.



When you stamp your feet you start to breathe properly again and this helps your courage and strength to return to you. Only then can you make a good decision about how to solve a problem.

Daily Activities to help you stay grounded:

1. Meditation
2. Healthy eating choices. Try to stay away from high fat, high calorie, sugary foods and drink, which can have an over-stimulating effect on the nervous system. Local, fresh, organic foods are considered optimal.
3. Drink plenty of water
4. Daily exercise (walking, gardening, dancing, swimming etc.)
5. Spend time with your pet outside.
6. Go to the beach and paddle in the water, walk on the sand, climb on rocks, have a swim.
7. Go to a park and sit under shade, play on play equipment, listen to the birds etc.
8. Participating in activities that involve making things with our hands (pottery, artwork, knitting, writing, photography, playing a music instrument etc.)
9. Maintaining social contact (lunch date with a friend etc.)
10. Joining a club to experience giving and receiving (meals on wheels, volunteering etc.)