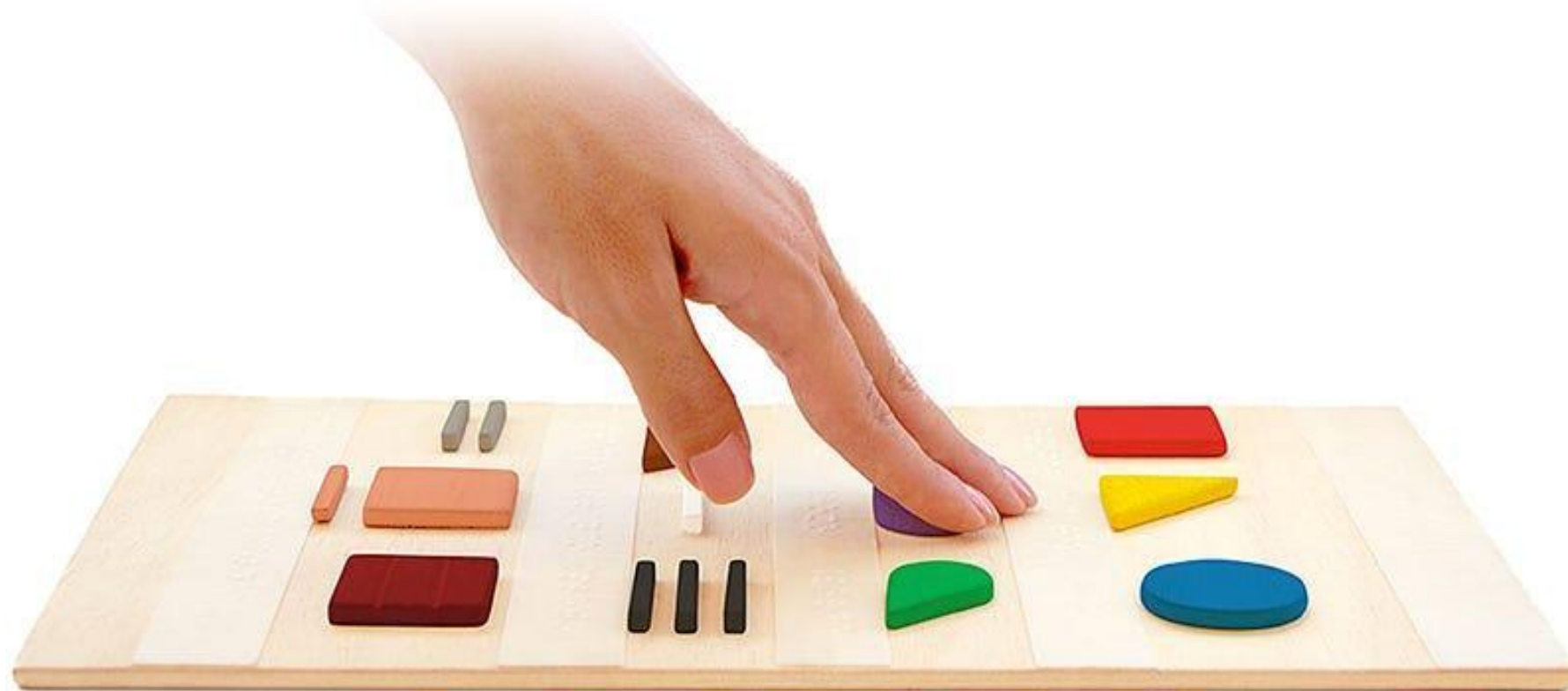


SESSION 6 : PHYSICAL GROUNDING



*Touch and feel the objects around you in the present moment,
pay
attention to their colors, textures, weight, and temperature.*

Carry a small object in your hand or in your pocket.



Stretch your arms and legs as far as you can, and roll your head around gently.



*Eat or drink
something that
grows from the
ground,
describe its
flavors in detail.*



***Take a deep
breath into
your belly,
noticing each
inhale and
exhale.***





*Be still, steady
and make
yourself feel
connected to the
earth.*