

GROUNDING

When you find yourself feeling frustrated, confused, or you are feeling impulsive try this 3-minute grounding technique. It will help you calm down and clear your mind, giving you a sense of self-control and inner calm.

1. Take 3 deep breaths. Focus on the sensations of breathing.
2. Identify 3 physical sensations you are currently experiencing. Don't use judgements such as good or bad. Instead just label the sensations (I feel tightness in my chest, I feel my feet touching the floor). Focus on each sensation for a moment.
3. Identify 3 sounds you hear. Focus on each one for a moment.
4. Take 3 more deep breaths while focusing on the sensations of breathing.

The reason this technique is so effective is because when we are frustrated or feeling impulsive our focus is often caught up in our thoughts. The grounding technique described here gets you to focus on neutral senses taking your attention out of your thoughts. In addition, the deep breathing triggers a relaxation response in your body due to the increase in oxygen and the slower rate of respiration.

This is a simple and effective way to bring yourself back into the present moment with a clearer mind, a sense of peace, and some self-control. Try it any time you are feeling "out of sorts." If you have a difficult time meditating you can try this a few times throughout the day to experience some of the benefits of meditation. Then you may find formal meditation practice comes more easily.