

Grounding Exercise

- ★ Feel your feet on the ground, pause for five seconds
- ★ Feel the weight of your legs, pause
- ★ Stamp your feet slowly from left to right, left, right left, right
- ★ Feel your buttocks and thighs touching the seat of the chair, pause
- ★ Name three things you see, two things you hear
- ★ Touch something and tell yourself what it is

