

Grounding Techniques

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Mountain pose

Source: Jon Kabat-Zinn



- Stand with your feet hip width apart. Close your eyes if this feels comfortable or soften your gaze.
- Align your body by stacking your knees over your ankles, hips over knees, ribs over hips, shoulders over knees.
- Increase the distance between your shoulders and earlobes, feel the crown of your head reaching towards the sky.
- Bring to mind a mountain you know well, or one of your imagination. What qualities does this mountain have that you can bring to your life? Strudy, weathers the storms, flexible, majestic...

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- Stop what you're doing and take note of:
- 5 things you can see around you right now
- 4 things you can hear around you. Close your eyes to tune into this sense more.
- 3 things you can feel. Your feet on the floor, bottom on the chair, clothes against your skin.
- 2 things you can smell. You can actively seek something to smell like a flower, cup of tea, piece of chocolate, or just let yourself experiences whatever aromas there are around you to be smelt.
- 1 thing you can taste.

Mindful activity



- Choose an activity you usually do on auto-pilot. E.g. brushing your teeth or having a cup of tea.
- Next time you do this, try to do it with your full attention.
- Bring your awareness to all your senses whilst you do it.
- Tune in to the taste, smell, feel, sound and what you can see whilst you're doing it.
- How does the tea feel in your hands? How does the liquid look? How does it really taste?



Deep breathing

- The aim of this activity is to breathe out for longer than you breathe in.
- This activates the parasympathetic nervous system, the opposite to the stress response.
- Put your hands on your belly, when you breathe in make sure your belly is getting full like a balloon.
- Breathe in for 7 counts (not seconds) and out for 11. Do this 3 times, letting your breath go back to normal before doing another 2 rounds of 3.



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