

GROUNDING TECHNIQUES

Practice any one (or more) of these grounding techniques daily when you are feeling calm and when you're in a safe place.

While practicing, focus on what you're feeling through your hands and feet, focus on the noises you are hearing, look around and notice things you haven't noticed before.

Naturally, these grounding techniques are effective both physically, psychologically, and environmentally. The longer you ground, the better.

"The Bare Foot"

Walk barefoot on grass, dirt or sand



"Touch Grass!"

Sit on the grass for a bit



"Raise a Plant"

Love & care for an indoor plant



"Hug a Tree"

Touch or hug a tree



"Wet Hands"

Hold your hands under running water



"Support for rebuilding life with clarity, balance, and confidence."