

Feeling overwhelmed?

Try this quick grounding exercise

A grounding exercise is a way that you can bring yourself back to the present moment.

It can be used any time or place and no one has to know that you are doing it.

Don't worry about trying to 'get this right'. Focus on using these ideas in the ways that are most helpful to you. Don't be annoyed with yourself if it takes a while for these to 'work' – that's normal

Remember it is OK to cry, to feel overwhelmed, to feel anger, to feel deep pain. These emotions are not nice, especially when you experience them often. But they are part of being human. Try not to be frustrated with yourself for feeling this way because what you're feeling is valid.

Breathing technique

Take 5 breaths in, imagine breathing in the smell of fresh flowers. Take 5 breaths out, imagine blowing up a balloon.

Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.

Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.

Focus on what your body feels: Can you feel your hair on your shoulders or forehead? Glasses on your ears or nose? The weight of your shirt on your shoulders? Are you barefoot or in shoes? How does the floor feel against your feet?

Clench your hands into fists, then release the tension. Repeat this 10 times.

Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.

Rub your palms together briskly. Hold them up to your face. Experience the heat you're capable of creating within yourself. Soak in that warmth to nourish yourself.

Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds.

Bring your arms down and let them relax at your sides.