



# Grounding Body Scan

This technique helps you to become grounded in the present moment and fostering a sense of safety. Read all the instructions first before starting and move at a comfortable pace for you.

Time Started: \_\_\_\_\_ Time Completed: \_\_\_\_\_

1. Use the "Setting Conditions" Worksheet to take care of your needs.
2. Write down time that you are starting.
3. Find a comfortable seated or lying position.
4. Allow yourself to go through a body scan slowly, starting with your toes and then moving towards your head.
5. Remember to go slow as you move towards your head.
6. Notice any areas of tension or discomfort without judgement.
7. If there are any movements that need to happen to bring comfort, allow yourself to let them happen.
8. Take slow breaths and you connect with different body parts. Visualize sending relaxation and warmth to that body part.
9. Move at a pace that allows you to stay present.

# Grounding Visualization

Sometimes we are not able to take a moment away from other people or environments that bring us stress. If we only have a few moments to ground ourselves, This is the practice that I use.

1. Find a space that has less distractions.
  2. Take a few deep breaths, in through your nose and out through your mouth.
  3. I picture myself as a tree, usually a willow tree with a solid trunk and long branches.
  4. I inhale from my stomach and on the exhale, I visualize the breath moving into my trunk and roots, deep below my feet.
  5. I inhale again from my stomach and on the exhale, I visualize the breath moving to my arms and head which would be my branches.
  6. I allow myself a few rounds of that and feel much more grounded and present.
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