



# grounding technique tool kit



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# grounding tool box

**Plant your feet into the earth-** concrete counts! allow yourself to take a few deep breaths while connected to the earth.

**Light a candle and focus on flame!**

**Journal on a specific prompt to help focus your thoughts and mind.**

**Take 5 minutes and clean the space around you.**

**Consult your Card Decks, Runes, or other elements.**

**5 Senses Technique-**Look around you and find 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste.

**Dynamic/Shaking Meditation-** Spend a few minutes **MOVING** your body through dancing, shaking, jumping, etc. focusing on your breathing and the movement itself.

**Stand up and Stretch-** Lift your hands above your head and stretch up to the sky, cactus your arms down. Reach towards the floor, and finish with whatever remaining stretches feel necessary/good.

# grounding tool box

**Read something backwards-** allow yourself to focus on something by reading anything backwards for a few minutes.

**Take a shower or bath!**- water can be so helpful in helping us return to our bodies, taking a nice shower or bath is helpful, even if only for a few minutes.

**Do a quick yoga flow-** same principle here, allow yourself just a few minutes to do some poses you like, or a flow you prefer.

**Sing a song or recite a poem-** allow yourself to do whatever comes to mind first.

**Do an EFT Sequence-** Google EFT tapping and you will find tons of guided videos in the 2-5 minute range!

**Diffuse your favorite blend of essential oils.**

**Participate in Energy Healing like Reiki, Alchemical Healing, etc.**

**Utilize mantras and affirmations to help bring in your focus.**

# breathing tool box

**Practice VOO Breathing--** Audible exhales making the sound voooooooooooo.

*Resource: <https://flourishcounseling.co/trauma-care-voo-breathing/>*

**Practice Box Breathing--** Inhale big for 5 sec, Hold for 5 sec, Exhale slowly for 5 sec-- Repeat 5 times.

**Practice 2-7-8 Breathing-** Inhale for 2 sec, Hold for 7 sec, Exhale for 8 sec.

**Practiced Belly Breathing-** breathe deeply through your nose and allow your stomach to expand, exhale slowly through your mouth relaxing your jaw and mouth.

**Practice Alternate Nostril Breathing-** using your right thumb close your right nostril and breathe in for 4 sec, hold your breath for 4 sec, close your left nostril with your left thumb and exhale for 6 sec.

**Practice Bellow's Breath-** breathe in deeply filling your lungs with air, when you are done fully inhaling, exhale with force making hissing sounds. One round is 30 exhalations.

# breathing tool box

**Practice Breath of Fire--** Inhale and exhale completely, when all air is exhaled, sharply contract or snap your abdomen causing air to exit your nostrils. Focus on these contractions and steady quick breaths. Start with 20 consecutive breaths and then move up to 3 sets total. Breathe normally in between sets.

**Practice Complete Breath-** Lie down or staying seated, close your eyes and exhale completely. Then inhale slowly and deeply through your nose. Fill up your chest and lungs. Hold your breath. Then exhale slowly through your mouth. Fall into a natural rhythm. Repeat 5 times.

**Practice Sufi Mother's Breath-** Sit in a comfortable position. Exhale with a sigh, and breathe through your nose for a slow count of 7. Hold for a moment. Breathe out through your nose for a count of 7. Hold for a moment. Repeat many times.

# heart opening meditation

Sit or lie down and get comfortable.

Play soft or soothing music.

Place your hands over your heart.

Fall into a breath pattern that feels nourishing and supportive.

As you sink deeper into your breath, ask yourself, "If my heart were planted, what would it grow?"

Allow yourself to sink deeper and deeper into your heart and your body.

Keep coming back to the question, "If my heart were planted, what would it grow?"

Feel the energy of your heart.

Continue to breathe deeply.

Stay here until you feel the practice is complete. I recommend 5-10 minutes.