

Mindfulness exercises using grounding & self compassion

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What is grounding? It is taking the opportunity to use your senses to feel present and to know you are safe at this moment. It is an act of mindfulness. You can use any one of your senses to ground yourself or more than one if needed. It can be an opportunity to get out of your head and into your body and notice yourself in the here and now. You can also do this to help others feel comfortable, like clients who experience trauma.

If you couple it with an act of self-compassion, you can not only relax in the moment but also you can nurture yourself. You can put your hand on your heart or palms down on top of your thighs and think or talk out loud about something that has been challenging, giving yourself empathy and compassion as if you were talking to a friend and remind yourself that in this moment you are safe. Check out more ideas on self-compassion, a theoretical framework created by therapist Kristin Neff: <https://www.self-compassion.org>

Grounding using our senses: Take a moment to notice what you see, hear, feel, smell, taste. For example, you can use your sense of smell. Make a cup of good-smelling tea and savour its scent, and also your sense of taste- sip slowly savouring its taste. While you savour you can look around and know that it is ok in this moment.

Using touch: Run your hand along a surface and notice the coolness or warmth, smoothness, etc.

Using sight: If focusing on your body doesn't work, try focusing on your surroundings. Notice all the colours you see in your immediate surroundings, count the number of windows, notice different types of trees or cars.

If want to explore further: Another take on grounding can be found in this short article in [livingwell.org](https://www.livingwell.org) that has other good ideas for self-care: <https://www.livingwell.org.au/well-being/mental-health/grounding-exercises/>

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