

Let's Get Grounded: Orientation

Grounding describes practices used to regulate the nervous system. It activates our “rest & digest” system, acting as a reset for the physiological and psychological responses to stress. Focusing attention, paired with breathing further activates this system however, focused breathing is not comfortable for everyone so feel free to focus only on the visualization.

The 5,4,3,2,1 grounding method can be used discretely and requires no materials, although you can use a pen and paper to note items you observe, so is adaptable to various environments. When you notice an increase in heart rate, a lack of focus, sudden irritability or other ways that your body communicates to you that you are stressed or overwhelmed - use this practice.

MAKE YOURSELF COMFORTABLE IN YOUR ENVIRONMENT.

If you are standing or sitting and it is accessible to you, place your feet firmly on the ground beneath you, with pressure evenly distributed.



Take a moment and scan your environment. Identify **FIVE (5)** things in your environment you can easily **SEE**.

Easily means that you should not need to move or strain to see the item. You can note by speaking them, making a mental note or writing them.



Now look around you and identify **FOUR (4)** things you can easily **TOUCH**.

Make note of them. Touch them in real time and notice the texture, temperature or size. If it feels good for you, take another breath.



Notice **THREE (3)** things that you can **HEAR** around you.

Make note of them. If it feels good for you, take another breath.



Notice **TWO (2)** things in your environment that you can **SMELL**.

Make note of them. Let's take another breath here.



Finally, notice **ONE (1)** thing in your environment that you can **TASTE**.

If it's a drink or a snack - have some now. Notice if it is bitter, sweet, bland or refreshing. Notice the texture and temperature.

Take a final breath (or as many as feels good for you!) and begin moving your fingers, hands, feet and other extremities. Take a full body stretch or a small shake of all of your limbs to complete the practice if you desire a more energized feeling alongside relaxation.

REFERENCES: Developed by Dr. Betty Alice Erickson. Adapted by Greenleaf from: https://ericksonian.info/therapeutic_scripts/self-hypnosis-the-betty-erickson-special/.