



## 5 Simple Ways To Ground Yourself

Have you ever felt stressed, unsettled, or just a little disturbed and agitated, wondering how to overcome that quickly? Here are 5 simple yet powerful ways to ground yourself when you need. We all may say they are cliché. Yet, they are often the very things we overlook and they're profoundly powerful. The key is to give yourself permission to embody them.

All of them are already within you and you already know these five ways. Now it's the time to remember to use them intentionally.

Grounding isn't about fixing yourself - it's about coming home to yourself. All you need to do is pause, breathe, and let them bring you back to balance - one small step at a time.

Family Constellations & Yoga



## Breathe - your built - in calm

Your breath is your greatest natural gift. It is your inner anchor and personal reset button. When you breathe with awareness, your mind slows down and your body softens.

**Try this:** Take a deep breath in.... Exhale.

Then inhale for 4 counts and exhale for 8.

If that feels too much, simply make your exhale a little longer than your inhale, even by one sec.

Why it helps:

- Calms your nervous system and signals safety
- Reduces stress and agitation
- Brings you back to the present moment

**Tips:** Exhale with sound if that feels right - it helps you release tension and feel grounded.



## Walk - your "me" time reset

A short walk can shift how you feel and provide a mental break from everything. Ten minutes outside can clear your mind, release tension, and lift your mood. We often say, "I don't have time". But once you start walking, you realise it gives you time.

Some **benefits** of walking:

- Calms your mind and reduces stress levels.
- Grounds your energy and improves circulation
- Boosts focus and supports healthy legs (yes, think veins!)
- Great for general overall health

**Try this:** Turn your walking into walking meditation: bring your awareness to the way you walk. Notice how your feet meet the ground. Is it your toes or heel making the contact first? Notice the rhythm of your steps, the sound around you. Can you see any patterns? Or simply walk and enjoy it - no rules needed.

**Tips:** Best done in nature. The moment we connect with the earth, the mind quiets naturally and quickly.



## Exercise - Your Body Loves It!

There is a reason people say “Your Body Is Your Temple”. It may sound cliché, but it’s very true. Your body quietly takes care of you every single day. Movement is your way of saying thank you. Exercise doesn’t need to mean the gym. It can be yoga, stretching, dancing in your kitchen - anything that gets your body moving and your energy flowing.

### **Why it matters:**

- Brings you back into your body and out of your head.
- Boosts energy, mood and increases focus with time
- Improves posture and sleep quality

### **Tips:**

- Lay out your outfit the night before
- Add exercise to your calendar. Treat it as a meeting with your most important client: Yourself!
- Find what feels good - yoga, weights, running or just a simple stretching. Movement is medicine for the body and the soul.



**Journaling - it's not just a girl's thing.** You don't need to be a writer to journal. It's not about sounding good. It's about feeling good. When you write freely, you release mental clutter and see things more clearly.

**Why it helps:**

- Reduces stress and emotional build up
- Improves self-awareness and you may actually see some patterns
- Increases happiness as you are not bottling things up
- Increases creativity and clarity

**Try this:**

- Start with a short Gratitude list - write three things you are grateful for today. Increase the list daily. You'll see how much you already have.
- Then write a page of whatever is on your mind - no editing, no judging, just flow. You can call it "mind dump" page - a simple a way to empty your mind



## Call a friend... and talk

Friends are your living support system. Sometimes grounding means simply connecting. A short, honest chat with a friend can shift your mood and help you feel heard and safe again.

You don't need to have it all figured out before you talk. Just share what's on your mind. Real friends will listen and being heard is healing.

### **Why it helps:**

- Talking about the feelings we are experiencing, eases the emotional pressure
- Helps you see some clarity.
- Helps connection and support, with yourself and others
- It is like a free therapy and you will feel much much better, and it works

### **Tip:**

- It's Ok if it means you talk and they just listen.
- If you are nervous, take a deep breath before your start.
- If emotions or feelings come up, that is OK. Let them. Allow yourself to feel. Feeling is part of healing.