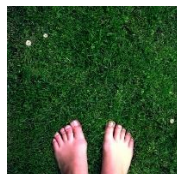


## MINDFULNESS

### *Grounding Exercise 1*

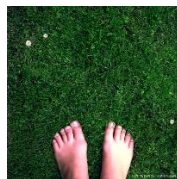
1. Take a deep breath
2. Place your hands on the table or your feet on the ground/floor
3. Wiggle your fingers &/or toes
4. Notice 3 things about your hands or feet
  - a. Fingers or Toes
  - b. Warmth
  - c. Pressure
5. Breathe in for 4 counts\*
6. Breathe out for 6 counts\*
7. Press your hands on the table or your feet on the ground/floor
8. Wiggle your fingers or toes
9. Look at 3 things in the room
10. Look at this handout
11. Take a deep breath
12. Gently come back to the present by breathing deeply, stretching or in any other manner

\*Repeat breathing 4-in, 6-out x4



## *Grounding Exercise 2*

1. Find a position that is comfortable for you, either seated or standing.
2. Gently, straighten your back and relax your shoulders.
3. Keep your chin high, and become aware of the strength & length in the back of your neck.
4. Begin to breathe gently, and bring your attention to the part of the body that is connecting you to the ground, either the legs and buttocks or the feet.
5. With each breath you let out, visualize your 'roots' begin to sprout and grow into the ground. Just a little nub on that first breath, but progressively bigger with each breath you take.
6. Imagine growing your roots until you can gently wiggle your body and not pull them from the earth. Find your place and become still while you breath without effort.
7. Take 3 deep breaths.
8. Set your intention to call upon your roots when you need or want to feel grounded.
9. Take one more deep breath & slowly come to the present by looking around &/or wiggling parts of your body.
10. Sigh heavily back into the present.



## Resources

- Audio &/or video clips of varying length & content:
  - <https://www.calm.com/>
  - [https://www.headspace.com/?gclid=CjwKCAjw1uiEBhBzEiwAO9B\\_HRpYNO3xEvnwFu2JwHb6HHcrALvmXRBIMmfLkK6ItjErka7k6HchFxoCpP4QAvD\\_BwE](https://www.headspace.com/?gclid=CjwKCAjw1uiEBhBzEiwAO9B_HRpYNO3xEvnwFu2JwHb6HHcrALvmXRBIMmfLkK6ItjErka7k6HchFxoCpP4QAvD_BwE)
  - <https://healthy.kaiserpermanente.org/health-wellness/podcasts>
  - <https://www.mindful.org/how-to-meditate/>
  - <https://www.wisdomwalktoselfmastery.com/>
- 8 Mindfulness Habits You Can Practice Everyday: [https://projecthappiness.mykajabi.com/blog/8-mindfulness-habits-you-can-practice-everyday?gclid=CjwKCAjw1uiEBhBzEiwAO9B\\_HVYUwvPvutl4SiQc1DPiartzynMxtCMmtVJAWCDXeIOeQcjekfBUV4hoCLokQAvD\\_BwE](https://projecthappiness.mykajabi.com/blog/8-mindfulness-habits-you-can-practice-everyday?gclid=CjwKCAjw1uiEBhBzEiwAO9B_HVYUwvPvutl4SiQc1DPiartzynMxtCMmtVJAWCDXeIOeQcjekfBUV4hoCLokQAvD_BwE)
- 12 Science-Based Benefits of Meditation: <https://www.healthline.com/nutrition/12-benefits-of-meditation>
- Getting Started with Mindfulness: <https://www.mindful.org/meditation/mindfulness-getting-started/>
- Which Type of Meditation Is Right for Me? <https://www.healthline.com/health/mental-health/types-of-meditation#focused-meditation>
- The Immeasurable Value of Meditation for Coping During the COVID-19 Crisis: <https://chopra.com/articles/the-immeasurable-value-of-meditation-for-coping-during-the-covid-19-crisis>
- 4-min. Video: Opus Peace - *RELEASING Loss, Fear, and Helplessness* <https://youtu.be/fCQyeNix3g8>
- 9-min. Video: Opus Peace - *ANCHORING HEART Technique* [https://youtu.be/SmzqoSc\\_diY](https://youtu.be/SmzqoSc_diY)
- 25 min. Video: Deepak Chopra - *Harnessing the Power of Intention during Covid 19 Pandemic and after it's over!* <https://www.youtube.com/watch?v=kYkL0PPIVO8>