

# Resource & Grounding Practices

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All of these practices begin in the same way. Find a quiet place with minimal distractions. Set a timer for 5-10 minutes. Fully commit yourself to this time. Sit or lay down in a position that does not call attention to any bodily tension or pain. Use props such as blankets, pillows, blocks or a chair to make yourself comfortable.

You always have the choice of keeping the eyes open or closed. Let closing your eyes be a signal to your mind, your brain and body that you're moving from outer awareness (of the things you normally focus on outside of you) to a deep, internal awareness (of the things you may not be used to attending to inside of you). This transition, when practiced mindfully, helps you relax your body and quiet your nervous system.

If you hit up against any distress, that's a signal to go back to resourcing, the breath or feeling the physical body. You may also give yourself permission to pause and get up, take a walk or get a glass of water. This gives your body and mind an opportunity to become reintegrated. You can always start again.

## Resourcing

Imagine a place where you feel safe, at peace or at ease. Notice the surroundings. What do you see? What sounds do you hear in this place? Are there certain smells around you? Where are you in relationship to this place? Are you touching anything? What do you feel when you imagine yourself in this place? What expression is present? Where in your body do you feel at peace or ease when you imagine this place. Notice this place in your body and rest here.

## GROUNDING PRACTICES

### Feeling the Physical Body

Visually sense what you see around you. Look around and let your eyes take in anything they wish. Name what's here to bring you fully into the moment.

Feel the pressure and weight of your body. Feel all the places of contact: your feet, heels, calves, backs of your legs, your bottom, the middle back, shoulders, arms and backs of your hands. Feel the back of your head. Feel the body supported by the ground beneath. Feel the body and notice the gravity of your body.

Know that you are right here.

When you are ready open your eyes slowly. Visually sense what you see. Scan around you and name what's here to bring you fully back into the moment.

## Connecting to Pleasant Sensations

Find any place in your body that feels safe, at ease, relaxed or any pleasant sensations you feel. Direct your attention to this place and notice the sensations. Feel the sensations and yourself in the present moment.

## Slow Breaths

Let the breath collect you and calm the nervous system with slow deep exhales.

Inhale and slow out breath.

Inhale and slow exhale.

Begin to match the length of the inhale to exhale.

Notice the circular breathing of the inhale and exhale.

## Bringing to Mind Others

Place your hand on your heart.

Feel the quality of tenderness, kindness and presence.

Allow your breath to be slow and deep. Feel it in the heart.

Sense a time when you felt loved or cared for. This can be a friend, parent, teacher, healer, an animal or a spiritual figure.

Sense that this being is here with you and allow the warmth of presence to wash through you.

When you are ready lower your hand down.

## Presence

This practice creates a safe and loving container for what is here right now.

Begin by paying attention to your breathing. Once you feel settled, notice what is here and allow space around any experience that arises. Maintain a sense of open curiosity and awareness.

Continue to breathe slowly.

## Inner Kindness

Scan and sense if there is anything that is asking for your attention right now for your acceptance or your inclusion. Sense the possibility to offer some safety, space, care or kindness. It might be a message that you repeat to yourself, "I am here with you." You might breathe into the place or space you are feeling vulnerability. Maybe you bring your hand to your heart and let the touch itself convey, "I care."

