Grounding

Grounding techniques can be a valuable tool for anyone, witch or not, to manage stress, anxiety, and negative energy.

Here's a couple simple grounding exercise you can do anywhere:

The 5 Senses Scan:

1. ***See:*** Slowly look around you. Notice 5 things you can see, big or small, near or far. Describe them in detail to yourself: their colour, shape, texture, any interesting features. Really take in the visual details.
2. ***Hear:*** Close your eyes or soften your gaze. Listen attentively for 5 sounds you can hear. It could be anything from your own breath to distant traffic to birdsong. Focus on the quality of each sound, its pitch, volume, and how it makes you feel.
3. ***Touch:*** Reach out and touch 5 different things around you. Notice the texture, temperature, pressure, and how it feels against your skin. It could be your chair, a piece of clothing, a plant leaf, anything accessible.
4. ***Smell:*** If you can, take a few deep breaths. Notice any scents in the air. It could be something pleasant like coffee or something neutral like the air itself. Pay attention to how the smell affects you.
5. ***Taste:*** Finally, if you have something readily available, take a small taste of something. Focus on the flavour, sweetness, bitterness, texture, and how it lingers on your tongue.

Once you've gone through all senses, simply sit or stand quietly for a moment. Notice how your body and mind feel after anchoring yourself in your present surroundings. If your mind wanders, gently bring your attention back to your senses.

This is just one example, and you can adapt it to suit your needs. You do not have to follow the order listed above you could do 5 things you hear 4 things you touch 3 things you see 2 you smell and 1 you taste. The order is not important but performing the exercise is.

Tip: It’s always good to try keep the taste sense at the end and if I know I am going to be using this grounding exercise I like to keep a little polo mint or similar close by which I pop into my mouth just before and when it comes to something I can taste I have the taste of mint in my mouth.

The key is to slow down, become present, and fully engage with your senses, bringing your awareness back to the here and now

Alternate Nostril Breathing:

This exercise activates both sides of your brain and balances your energy flow.

- Sit comfortably with your spine straight.
- Close your right nostril with your thumb and inhale slowly through your left nostril for a count of 4.
- Close your left nostril with your ring finger and hold your breath for a count of 4.
- Exhale slowly through your right nostril for a count of 8.
- Close your right nostril and inhale through your left for a count of 4.
- Repeat this pattern for 5-10 minutes, alternating the nostril you inhale through.

Remember, you can adjust the timing and number of repetitions to what feels comfortable for you.

Happy Grounding!