

PHYSICAL EARTHING (FEET TO FLOOR)



Why It Works: Physical pressure on the soles of your feet stimulates proprioceptive awareness, telling your brain you are safe and grounded.

Practice

Stand barefoot on a flat surface.

Press your big toes, pinky toes, and heels firmly into the ground. Bend your knees slightly, let your arms drop, and feel the support beneath you for 60 seconds.

DAILY GROUNDING TECHNIQUES

Reconnecting with the present moment

SENSORY ANCHOR



Why It Works: Pulls your awareness out of anxious thoughts and back into your physical surroundings through your senses.

Step-by-Step Practice:

5 Things You See: Look around and notice small details—a reflection, a texture, or a color.

4 Things You Feel: Focus on physical contact—your feet on the floor, clothing against your skin, or a cool breeze.

3 Things You Hear: Listen for distant sounds—traffic, birds, or the hum of an appliance.

2 Things You Smell: Notice any faint scents nearby or take a slow whiff of essential oil/coffee.

1 Thing You Taste: Focus on the current taste in your mouth or take a slow sip of water.



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