

Grounding Technique: Seated 3-Minute Body Scan

Find a quiet, comfortable place to sit. Choose a chair or couch where your feet can rest flat on the ground. You may want to close your eyes, but it is not necessary

Take note of your body and how you are seated, feeling the weight of your body on the chair, and your feet on the floor.

Focus your awareness on your breath, taking in and exhaling three deep breaths. On your next inhale, notice how you are bringing oxygen into your body. Exhale slowly through gently pursed lips, feeling your breath move up and out of your body.

Bringing your awareness now to your feet, notice the sensations of your feet touching the floor. Notice if you feel any weight or pressure, vibration, or heat. Notice how your seat supports your body. Notice the pressure against the back of your legs, your buttocks, your back.

Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath here, filling your belly like a balloon as you inhale, then softening your belly as you exhale.

Notice your hands. Notice whether your hands feel tense or tight, and, if so, see spread your fingers out a few times to soften them out. Notice your arms. Feel any sensation in your arms. Release your shoulders down away from your ears, let the muscles in your upper arms, forearms, and wrists soften.

Notice the back of your neck and your throat. Allow them to release any tension, letting gravity soften them down.

Soften the muscles in your jaw, perhaps touching the tip of your tongue to the roof of your mouth, creating a bit of separation between your upper and lower teeth. Let the muscles in your face relax, inviting the space between your eyes to soften.

Notice the very top of your head, perhaps feeling the sensation of the air circulating in the room around you.

Imagine now a gentle glow of a light. Allow this light to envelop you, beginning with your head and traveling down past the tips of your fingers, all the way down to your toes. Notice your whole body, supported and soft. Notice the flow of your breath as it moves in and out of your body.

Take a moment and try to store this sensation somewhere in your mind, so that you can come back to it at a later time. When you are ready, slowly lift your eyes to take in your surroundings and return to your day.