



Grounding



Listening and connecting to our bodies by identifying where we are, the sensations in our body, and how our body reacts to stress.

Listening and connecting to our bodies by identifying where we are, the sensations in our body, and how our body reacts to stress.



03 Body Awareness

Body Scan

- Goal= get to know sensations
- Paying attention to different parts, gradually, top to bottom.
- Scanning brings awareness to every part and sensation
- You can identify the points of your body causing you tension

04 Visualization

Guided Imagery

- Get in a comfortable position and begin to imagine a peaceful place or experience, such as your favorite place in nature
- Concentrate on a specific object, sound or experience in your mind such as how it feels, what it sounds like, and what it looks like
- Tip: guided imagery videos can also be found on Youtube
- Imagine a contact in a peaceful location