



# Grounding into the moment

We all have times when our fear and anxiety take hold and leaves us spiralling out of control. In those moments it's easy to get trapped in the spiral that keeps us in that place for hours or even longer. The key is always finding a safe and healthy way to ground yourself into the moment, like some of the ideas below.

## Deep breathing

What could bring you back into the moment more than your breath, the life force that takes you from one moment into the next?

Stop what you're doing and, if you can, close your eyes for a moment before taking a deep, steady breath through your nose.

Feel your chest fill and rise as the fresh air enters you and then sit with that breath, that feeling of fullness for a few seconds.

When you're ready exhale, slowly and steadily and feel the air leave your body.

Again, if you're able to, sit in that place of emptiness and potential for just a moment before inhaling again.

Take as many breaths as you need, mentally following your breath by counting or just by saying "in, pause, out, pause." Until you feel more centred, more like yourself and more ready to open your eyes and get back to your day.



## Grounding through nature

In these times of lockdowns and quarantines I know that not everyone has access to outdoor space, and of course it's important that you head outdoors responsibly – being mindful of social distancing and your local laws and regulations.

But if you can step outside, then find a patch of grass or earth and put your feet – ideally bare, but shoes and/or socks will work if that's not safe or possible – on it while you turn your palms to face outwards into the air.

Again, close your eyes if it feels safe to do that and concentrate on the feeling of the earth beneath you, and of the energy of the planet moving up through your legs and into your body.

Concentrate on the sun or the moon light on your face (imagine it if you can't see it!) and on the air moving around your body and into your hands.

If your mind wanders just keep coming back to those things – the solidity of the earth and the cool of the water within it, the warmth and light of the sun or moon and the freshness of the air. Allow everything you no longer need to drain away or be blown out of you and keep returning to those feelings as much as you can.

## Focussing your senses

This is a famous exercise with all sorts of versions out there. For me personally I use the following to tune into my senses and bring me back into the present:

- List five things you can see
- List five things you can hear
- List five things you can feel externally
- List two things you can smell
- Name the taste in your mouth
- Take a deep breath in and out and then notice how you feel internally



## Something tangible

Often that sense of ungroundedness comes when we get too caught up in the moment, so take the time to do something tangible and really focus your mind on how that feels, what the gesture does to your body, and on concentrating your energies onto it as far as you can.

Some ideas would be:

- Drinking a glass of water
- Stretching or doing some yoga poses
- Throwing a ball or squeezing a stress ball
- Hugging a loved one, or even a pillow
- Stroking a pet
- Brushing your hair
- Dancing
- Taking a shower

Anything goes as long as it's safe, feels good and is done consciously with the intention of bringing you into the moment rather than numbing what you're experiencing.

## Mantras and Affirmations

There's a reason that mantras and affirmations are so damned important in many spiritually focussed schools of thought. They not only focus your brain on one central thought, helping it to tune out the noise and re-centre, but used longer term they can help you rewire the thought patterns in your brain... amazing but true.

Find a mantra that brings you back into the moment and repeat it three, five, ten or even 108 (the number of pathways to the heart according to Hinduism) times – slowly and steadily until you're feeling calm again.

Some suggested mantras might include:

- I am safe and well
- This too shall pass
- I am not my feelings, I am not my thoughts
- Other people feel this way too

[www.cerynrowntree.com](http://www.cerynrowntree.com)  
Soul-Led Therapist



It's important to say that if you're really struggling to ground yourself among that whirlwind of anxiety, no matter what you do, then please seek out support from a loved one or a professional.

It's only too easy to think that anxious state of mind is normal, natural and just where we'll find ourselves no matter what. But that's not the case – it can be overcome, and that's not something you have to do alone.

If you're worried about your anxiety levels then don't be afraid to speak to a medical professional or to a therapist, both of whom can play an important part in helping you to feel more comfortable in the day to day.

Meanwhile through it all remember to look after yourself. When anxiety and fear are running high there's a real danger of forgetting or ignoring the most important and basic needs in life: washing, eating, staying hydrated, moving your body or connecting with other people.

Any or all of those things might seem like the hardest in the world (I know, I've been there too), but not only will they actually help you to feel a little better, they're important... because you're important. So please don't forget to take care of yourself no matter what.

Finally, if you're struggling for someone to speak with, know that I offer free 30-minute introductory sessions to Soul-Led Therapy, with no pressure to book anything further. Head to my website and get in touch to book a spot.

