Grounding
And
Containment Exercises

EMPOWERED LIVING

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[ONE] Ground your feet into the earth - this can be as literal as you would like to explore. From imagining your feet grounded to barefoot in the ocean and feeling every grain of sand. Soften your eyes and turn your gaze inward. Begin to take notice of your breath. If it feels comfortable for you take a nice deep slow inhale to the count of five, hold at the top for a count of five and exhale releasing all your tension for five, holding at the bottom for five. Repeat this focus on your breath, releasing tension, slow deep belly breathing exercise until you feel a shift in energy within you. When you are breathing you can focus on your counts, what the breath feels like, imagine the breath swirling around your heart or the area you have tension, or a visualize a box for every five counts. As you are taking deep belly breaths you are consciously relaxing and letting go of all the tension in your body and waiting for the natural energy shift within you.

[TWO] Find a glass jar and write out the emotions or thoughts you would like to contain and save for later. Place this piece of paper inside the jar and close the lid tight. Place this jar in a safe place for you to be able to return to when you have the strength, support, ability to take on what you've placed inside.

[THREE] When you are feeling dissociative and floating out of your body, tap your fingers on a part of your body and consciously focus on what that feels like. It is effective to do the tapping and it is even more impactful combining that with focusing on what that tapping feels like. You could say to yourself something like - "This is me, my body, I am feeling this tapping on my stomach, I am sitting here in my car." - Bringing the conscious thought back into connection with the body. When you are dissociating you have become disconnected with the physical body and tapping or bringing attention back to the physical can help to ground you back in. Combining this practice with the breath can be affective as well.

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