



Grounding with the Senses

Hey Wellness Warriors,
Welcome to our sensory grounding practice
We might think of grounding as “rooting into right now”
Grounding can be especially supportive when we’re feeling anxious, distracted, or disconnected from our bodies...
So, let’s experience the present moment, right here, right now, using nothing but our available senses

Let’s start with a self-check in
Can I name my strongest feelings in this moment?
Maybe even saying it out loud for myself, “I feel...”

There is no good or bad, right or wrong emotion... Just witnessing what’s present right now.

Like, right now in this moment, I might bring my awareness to my surroundings -
Where am I? What town or country? Indoors or outside? What’s the temperature like?

If it’s possible,
Maybe I name 5 things I can see around me... 1... 2... 3... 4... 5...
And from my list, I might focus on one of those things and describe it... What colors I see, the size, the shapes, texture...

Just noticing... there’s no rush

If it’s possible,
What are 4 things I can hear right now? 1... 2... 3... 4...
How close or far away are the noises?... How loud?

Are there 3 things I can touch right now? Physically feel?
If it’s possible, I might even pay attention to their texture or weight...
1...2...3...

Are there 2 things nearby I can smell? 1... 2...
Where are the scents coming from?

Is there anything I can even taste at this moment?
How would I describe it?

If it's comfortable and safe,
I might close my eyes or my gaze downward...

Right here... right now... what am I noticing?

I might bring my attention to my nostrils
And my breath moving in... and out...
The coolness of my inhale
The warmth of my exhale...

Right here... right now... what am I noticing?

As we close together now,
A little more rooted, grounded, connected, present... in the here and the now

Maybe one last self-check-in...
How am I feeling now compared to how I felt at the start of the practice? What do I need when
this meditation ends?

This healing is yours.
It always has been. It always will be...
Thank you for visiting The Well Healing.
Take good care