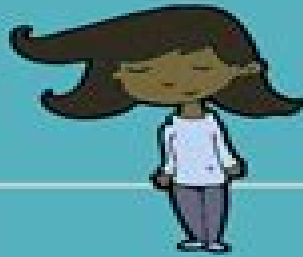


SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground,
press your toes into
the floor, squeeze
playdough



5 senses

wear your favorite
sweatshirt, use
essential oils,
make a cup of tea



self-soothe

take a shower or bath,
find a grounding
object, light a candle,
feel something soft



observe

describe an object in
detail: color, texture,
shadow, light, shapes,
size, weight



breathe

practice 4-7-8
breathing: inhale
to 4, hold for 7,
exhale to 8



distract

find all the square
or green objects in
the room, count by 7s,
say the date

Grounding Of Group 6

D Kirk



Grounding Of Group 6:

Grounding Of Group 6 Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Grounding Of Group 6**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<http://www.pet-memorial-markers.com/public/uploaded-files/fetch.php/expos%20guide%201984.pdf>

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