



## Homework activity – Week 2

This week we're practicing coming back to the body as a means of getting grounded. It's a good brain pathway to reinforce so it will more automatically be there for us as a stabilizing method when we're in a hot situation but it's also good to reinforce just as a connection with ourselves and to strengthen the mind-body relationship.

### Instructions

To ground yourself, deliberately shift attention to your body so you feel yourself very physically in time and space. This means deliberately feeling your feet on the ground, your backside on the chair and/or all other points of contact with things that aren't you. Once you've established this sense of contact, start taking more specific inventory of your parts and pieces and sensations that are associated with them.

Do this once a day, spending about a minute feeling your physical presence on this planet. You will most likely NOT remember to do this without a very specific fail-safe method. It could be the sticky note system or you could pair it with another activity you know you will happen, like settling in for work at the beginning of the day or before lunch or before calling it a day. Or you can come up with your own fail-safe.

### What grounding accomplishes

From a stress standpoint, shifting focus to our body forces a different thought in our head, interrupting the stressful ones we are thinking which will reinforce the agitation if we continue to think them. At the same time, getting grounded in our body in this way sends a message to the brain that we are intact. We are in one piece. We are solid. This is a very reassuring, very grounding message when we're agitated.