

# Grounding Techniques

## **Breathing Exercises**

### Basic breathing techniques

1. Inhale slowly and deeply through your nose. Keep your shoulders relaxed. Your abdomen should expand, and your chest should rise very little.
2. Exhale slowly through your mouth. As you blow air out, purse your lips slightly but keep your jaw relaxed. You may hear a soft “whooshing” sound as you exhale.
3. Repeat this breathing exercise. Do it for several minutes until you start to feel better.

## **4-7-8 Breathing**

The 4-7-8 breathing exercise, also called the relaxing breath, acts as a natural tranquilizer for the nervous system. At first, it's best to perform the exercise seated with your back straight. Once you become more familiar with this breathing exercise, however, you can perform it while lying in bed.

1. Place and keep the tip of your tongue against the ridge of tissue behind your upper front teeth for the duration of the exercise.
2. Completely exhale through your mouth, making a "whoosh" sound.
3. Close your mouth and inhale quietly through your nose to a mental count of four.
4. Hold your breath for a count of seven.
5. Exhale completely through your mouth, making a whoosh sound to a count of eight.
  - what you can to send them off in the right direction.

## **Body Scan**

Here is a brief and helpful body scan script from Kabat-Zinn's (2009, p. 155) bestseller *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*:

TRY:

1. Tune in to your breath
2. Feel it moving in your entire body.
3. Dwell with the breath in various regions of your body
  - a. feet,
  - b. the legs,
  - c. the pelvis and genitals,
  - d. the belly, the chest, the back, the shoulders,
  - e. the arms, the throat and neck,
  - f. the head, the face, the top of your head.
4. Listen carefully.
5. Allow yourself to feel whatever is present.
6. Notice the sensations in the body flux and change.
7. Notice your feelings about them flux and change.