

# **3 Tools for You and Your Children & Teens to Manage Anxiety**

FREE TOOLKIT



# Grounding Tools

## TO MANAGE ANXIETY

Yoga Ed. Mind-Body Resources develop the mind-body connection to enhance health, well-being, learning, and behavior.

Through breathing, movement, and relaxation, students learn how to find safety in their bodies, navigate both uncomfortable and comfortable sensations, become aware of their internal state, and utilize mind-body resources to regulate their emotions and behavior.

Grounding is one valuable mind-body resource. When your mind is racing, grounding brings you back to the here and now and is helpful in managing anxiety or overwhelming feelings.

Grounding involves being present with your body and bringing your attention to what is happening to you physically in your body or surroundings instead of the thoughts in your mind. Specifically, through grounding techniques, you consciously focus on your feet, your legs, and the earth beneath them.

Physically, anxiety and dissociation often shunt energy up the body and away from the legs.

The invitation to feel our feet on the floor, or to feel our legs move, can shift energy into our lower body and bring the attention back to the present moment.





# Grounding: Feeling Breath



## Benefit

- + Increase Breath Awareness
- + Increase Physical Connection with the Breath



## Instructions

Begin seated in your chair.

Make sure both feet are touching the floor and you are sitting up tall in your body.

Placing both hands on your rib cage, feel your ribs on the front and back of your body.

Inhale, feeling your rib cage open and expand.

Exhale, feeling your rib cage close.

# Grounding: Seated Forward Fold



## Benefit

- + Stretches the Back
- + Calms the Mind

## Instructions

Begin seated in your chair with your feet on the floor sitting up tall in your spine.

Inhale, reach your arms up to the sky.

Exhale, bend your elbows so your hands stack on top of opposite elbows.

Inhale, sit up tall.

Exhale, fold forward to your desk, allow your head to rest on top of your arms.

Breathe.

Inhale, come back up to seated.

## *Grounding: 54321*



### **Directions**

Take a couple of deep breaths.

Inhale, count to three. Exhale, count to three.

Now open your eyes and look around you:

- 5 - Notice 5 things you can see
- 4 - Notice 4 things you can feel
- 3 - Notice 3 things you can hear
- 2 - Notice 3 things you can smell
- 1 - Notice one thing you can taste

Take a deep breath to end.