



## **Grounding**

Grounding involves being aware of your body and reconnecting to the earth, (which is why grounding is also called “earthing”). Grounding can reduce stress and promote relaxation. It is used to combat distracted thought, anxiety, worry and emotional fatigue. Grounding helps to “unplug” from society and technology to focus on our connection with Mother Nature.

Several ways to practice grounding are:

### ***Barefoot Grounding***

One of the easiest ways to ground is take off your shoes and walk barefoot in nature, (grass, sand, dirt, etc.) You can also just stand still and feel your connection with the earth through your feet. Imagine you’re a tree, with roots going down from the soles of your feet into the earth.

### ***Lay Down/Roll Around***

You can also sit down in nature and focus on being present with the ground, the air, the sun. Place your hands and/or feet on the ground. If you want to be adventurous, roll around on the ground, (or roll down a hill).

### ***In Water***

As water is also part of nature, connecting to it is also grounding. Take off your shoes and wade in the surf or sit with your feet in the water. Feel the rain with your hand. Stop and listen to the rain.

### ***Mental Grounding***

Mental grounding refers to thoughts used to reduce stress and promote relaxation by reconnecting to thoughts or emotions. Examples include singing, laughter, and reliving positive memories, being present in those moments.

### ***Alternatives***

“Cover Your Crown” is a simple grounding technique practiced by placing a hand on the crown of your head, closing your eyes and feeling the connection between your hand, your body and the earth for 30 to 60 seconds.

Grounding equipment, such as grounding mats, grounding sheets, grounding clothes, grounding bands/patches, etc. is also available to promote grounding.