project reassure

Self-Advocates

Grounding Practice for Self-Advocates

Grounding is a way of focusing on things that are happening right now. One **of the** simplest ways to do this is to pay attention to the sensations in your body. You can then use that information to help your body get into more comfortable positions.

Practice Activity 1:
Find ways of paying attention to your body's senses. Which of these things do you like the most? When you find a sensation that is comfortable or calming, try to focus on it for a little longer.

What do you feel right now?

What can you see?

What can you hear?

What can you taste?

What can you smell?

Practice Activity 2:

- A body scan is another good way to practice grounding.
- Focus on each part of your body by starting at your head and going down until you get to your feet.
- What does each part of your body feel like as you scan it?
- Does it feel comfortable, uncomfortable, or somewhere in the middle?
- If any parts of your body feel uncomfortable, try changing your position so you feel a little better.

The ASERT Collaborative is funded by the Office of Developmental Programs, PA Department of Human Services