

Grounding Exercises to Stop Worry & Pain

Worrying and focusing on painful thoughts all the time is not healthy. Grounding means noticing the physical world around you more instead of living inside your head!

Try these grounding exercises when you are feeling overwhelmed with emotions. This can help bring you into the present moment and take your mind away from worry and pain.



Enjoy a cup of tea. Hold the mug in both hands and feel its warmth. Don't rush drinking it. Take small sips, and take your time tasting each mouthful. When a worry comes up, just go back to the taste of the tea.



Be mindful when washing your dishes. When a painful thought comes up, return to feeling the water and smelling the soap.



Taste your food. Spend a moment noticing the taste and texture. Compare the feeling of each type of food in your mouth and the sounds as you chew. Try to notice new tastes!



Listen to quiet music. Focus on listening to the music and following the beat. Tap your foot along with the beat to connect with what you are hearing.



Take in your surroundings. Look around you. Notice familiar objects and name them. Feel the warmth or coolness of the air. Notice any sounds you hear. Describe what you see.



Do things with your hands. Try coloring or play with clay. Focus on the repetitive strokes and movements to take your mind away from worry.

Remember you can teach yourself to worry less. Just pay attention to physical activities to help take your mind way from negative thoughts.

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