

## THE JOURNEY INWARD

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# Mental Grounding Exercises

### TRY THESE MENTAL GROUNDING EXERCISES

Use these exercises to help take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use most any time or place. Experiment to see which works best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

*"Get yourself grounded and you can navigate even the stormiest roads in peace."*

*~Steve Goodier*

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