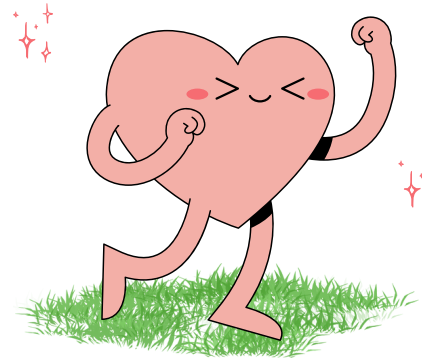


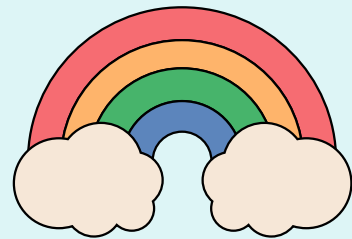
GROUNDING 101 PART-I

Life has a way of throwing us into different levels of excitement - sometimes you might be buzzing like a lightning bolt, and other times, you might feel like you're stuck in a cocoon. It's all part of being human. But what if we told you that finding the delicate balance between these states is like discovering a treasure trove of well-being?



This activity sheet is your roadmap to feeling more balanced and grounded. It aims to help you balance your arousal levels to achieve a harmonious state as you find the middle ground between extreme emotions.

Colour Visualization: Close your eyes and envision a canvas of calming colours washing over you. Let each colour dissolve tension and wash away stress.

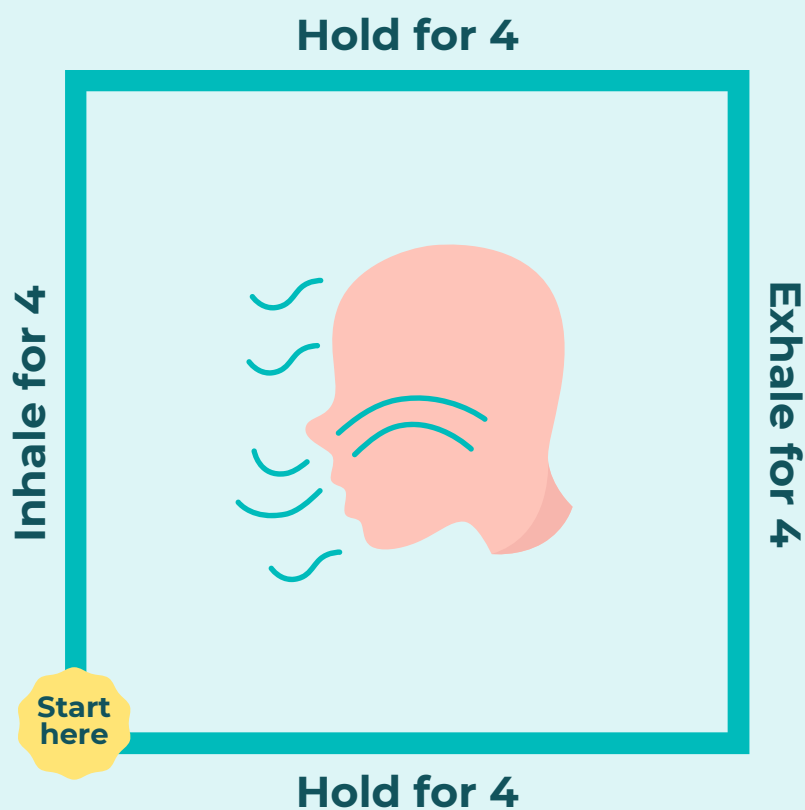


Raindrop Technique: Visualize raindrops falling softly on your skin as you tap or touch yourself. Feel the gentle patter of relaxation seeping into your being.

Sensory Awakening: Embrace sensory wonder! Hold an ice cube, inhale a powerful scent, or taste something tangy. Watch as your senses awaken, notice how it feels for you and write it down in the space below!

Temperature Contrasts: Imagine your face as a canvas for an artwork of sensations. Splash it with cold water, then warm water, letting each drop paint a different feeling.

Square Breathing: Create a rhythm as magical as a chant. Inhale for four counts, hold for four, exhale for four, and let a four-count pause fill the space with peace.



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

Vocalization: Hum like a mystic chant, infusing your body with the power of your voice. Feel your energy aligning and your spirit awakening.



Visual Scanning: Sweep your gaze across your surroundings like a painter's brush. As you do, absorb the vividness and aliveness of the world around you.

What are some things that you see? Which colour are they? How do these colours make you feel?



Write your thoughts in the space given below.



Remember, you have the power to weave spells that bring harmony to your being.

By practising these techniques, you're opening the door to a realm of balance, awareness, and self-discovery. Whether you're seeking calm in the whirlwind or a spark in the stillness, your energy magic is at your fingertips. Keep exploring, keep enchanting, and embrace the magic within you!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.