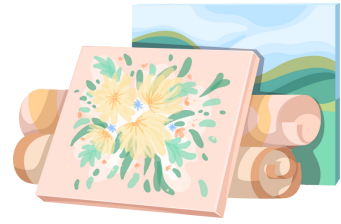


GROUNDING 101 PART-II

Emotions are the colours that paint the canvas of our lives. Just like paints, emotions can be bright and intense or soft and soothing. But, within this narrative, there's a hidden message—the art of finding a balance between the two.



This worksheet can help you find balance with easy grounding exercises. Think of these exercises as tools to mix your emotions into a balanced masterpiece, like using a palette and brush.

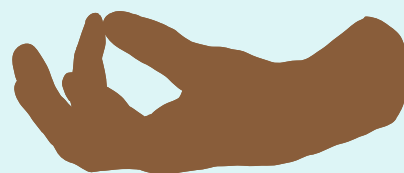
Pay Attention to Your Foot: Shift your focus downward, like shifting the spotlight to your feet on a grand stage. **Feel the connection between your feet and the Earth, grounding yourself in the present moment.**

Notice the texture of the ground against your feet, or maybe, the weight of your body on your feet and write it below. Where does it feel more? On your right foot or your left foot? Write your thoughts in the space given below:

Earlobe Pulling: With each gentle tug on your earlobes, imagine you're pulling away layers of worries and inviting relaxation to fill their place.



Thumb Rolling: Give your fingers a little special treatment. Roll your thumbs over each finger's tip, awakening relaxation points that ripple throughout your body. Notice how the touch of your thumb feels against your fingertips.



Sighing Release: Take a deep breath in through your nose, and as you exhale with a sigh, feel the release of tension flowing out of you, like leaves being carried away by a gentle breeze.

Finger Hold: Hold your fingers like they're precious gems. Gently squeeze and release them, creating a calming sensation that reconnects you with your body.

Tapping Your Heart: Tap your heart lightly, setting a soothing rhythm. Whisper words of affirmation to yourself, nurturing your inner sanctuary.

I will keep myself safe.

I can take one step at a time.

I am allowed to ask for help.

I am enough just as I am.

I care about myself.

Gentle Self-Massage: Treat yourself to a touch of magic. Glide your hands over your skin with care, infusing every touch with soothing energy. Feel the warmth of your hands and the texture of your fingers on your skin. Remind yourself that you are there for YOU.



As you journey through these exercises, remember that finding emotional balance is like conducting a symphony—each note plays a vital role. When the highs and lows try to shake you, let the harmony you discover here resonate with the inner 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.

