

## Grounding into Your Feet



### Why Practice This Tool?

*Grounding is a foundational somatic resource that supports us both psychologically and physically especially when in stressful situations. Grounding helps us to orient our attention into the present moment by focusing on our body and our breath.*

### Steps:

1. Place both feet uncrossed on the ground.
2. Bring all your attention to noticing your feet on the ground.
3. Notice how the toes, the ball of your feet and the sole of your feet are connected to the ground.
4. Press one foot firmly into the ground and then the other.
5. Now press both feet into the ground.
6. Pause here and take a few breaths, even imagining your breath traveling all the way down your body to the bottoms of your feet.
7. Sense the impact on your spine and the rest of your body.
8. Keep noticing the sensation of both feet pressing firmly into the ground.
9. Continue until you can easily notice sensations in your legs and your feet.
10. Notice how you feel now.

Check out this video for a guided practice: [Feet on the Floor](#)



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