

Managing Anxious Thoughts: Visualizing a Strong Sturdy Tree



Why Practice This Tool?

Using visualization and attention to the breath and body creates stability and groundedness in our nervous system. Practicing this tool helps us to manage anxious or stressful thoughts or sensations in the body, restoring a sense of connectedness.

Steps:

This grounding technique will help settle your mind and body when experiencing anxious, restless, or stressful thoughts.

1. To begin, place your feet on the floor while sitting or standing in a comfortable position.
2. Take a few cleansing breaths in and out.
3. Close your eyes if it's comfortable and feel the weight of gravity, feeling the earth supporting you.
4. Now, visualizing a strong, sturdy tree, planted firmly into the ground. Its roots are anchored deep down into the earth.
5. As the tree stands strong, the breeze is blowing around the tree and leaves are drifting in the sky. Watch the leaves come and go.
6. Just like those leaves-thoughts will always come and go. Feelings will always come and go.
7. From our anchored point of view, we can take a step back and see the thoughts and feelings more clearly without getting too attached to them. We can acknowledge them and let them go while staying firmly rooted in the present moment.
8. Continue this practice until you notice greater calm and ease in your body and mind.
9. Notice how you feel now.

Check out this video for a guided practice: [Rooted Tree Practice](#)