

Ground & Orient

*A gentle practice to help return to yourself in
the present moment*



This practice combines orientation,
mindful awareness, gentle movement,
and self-soothing touch.

Use it whenever you feel overwhelmed,
disconnected, anxious or simply need a
moment to reset



Orient



- Notice 3 different colours
- Notice 3 different shapes
- Let your eyes explore the room

Connect



- Feel 3 different textures with your hands
- Notice the temperature of the air
- Feel your feet on the floor

Move



- Choose 3 parts of your body
- Move each one slowly for 3-5 seconds
- Stretch or roll your shoulders

Soothe



- rub your hands on your thighs for 3-5 seconds
- rub your palms together for 3-5 seconds
- Gently rub your arms for 3- 5 seconds
- Shake out your hands for 3-5 seconds

Arrive



- Take 3 slow, deep breaths
- Check in with yourself : notice how you feel



How to move through this practice

*This is an invitation, not
something to complete perfectly*

Find a safe & comfortable space

Move through each step at your own pace

There is no right or wrong way

You don't have to feel perfect

Just notice and do your best to return

Return gently. Return kindly. Return often.

Prefer to be guided?

Listen to the audio



Watch a guided practice



Time & Space Integrative Counselling