

All  
Goods?

# Grounding

Grounding is a powerful tool that helps bring your mind and body back to the present moment when you feel overwhelmed, anxious, angry, or disconnected.

SWIPE FOR TOOLS

ONE

# Connecting to the whenua:

This tool is great when we are feeling overwhelmed or anxious

1

Take shoes off, stand outside.

2

breathe in for 4, hold 4, out 4.

3

Notice your body and the  
whenua beneath your feet.

4

Repeat as needed.

TWO

# Movement Grounding

This tool is great when you start feeling stressed or low. Movement is fantastic for our mental well-being.

1

Press feet into floor.

2

stretch arms.

3

Roll shoulders.

4

Walk slowly and notice each step.

THREE

# Temperature Change

A quick shift can interrupt overwhelm. For each of the below ideas, focus intently on the temperature change.

1

Splash cold water on your face.

2

Hold something warm like a mug or heat pack.

3

Stand on grass or cool dirt.

4

Grab a bag of cold peas for ten seconds or until you feel “back in the moment”.

# Recap

Try the below if your feeling anxious, low, in a lull or lethargic.

1

Connect to the Whenua

2

Grounding through movement

3

Change temperature