

## Grounding

Grounding can help with problems such as hyper or hypo-arousal. Hyper-arousal can manifest itself as restlessness and getting stressed, while hypo-arousal can cause tiredness, fatigue, or just falling out of contact.

The purpose of grounding is to return to the body, to regain contact.

1. Stomp your feet on the ground.
2. Cross your arms over your chest and pat your arms, alternating your hands.
3. Lie on your back with your knees bent and your feet placed on the ground. Stomp your feet.

There are many ways to ground yourself. Give them a try, and try different starting positions and find a movement that suits you.

### YouTube video of the exercise

[https://youtu.be/2R\\_O8DLFQw4](https://youtu.be/2R_O8DLFQw4)



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