

Draw Around Your Foot In Your Mind



Place your feet on the ground and in your imagination pick your favorite color to draw an outline around each foot. Start at the heel and using your imaginary pencil slowly go up the side of your foot to your pinky toe and then make sure you draw around each toe and then go back towards the heel. Repeat on the other foot.

Another quick way to focus on your feet when you are in a stressful situation is just wiggle your toes inside your shoe. Pay attention to the sensation as you move each separate toe. Do some move independently of the others? Tense up your whole foot then stretch it out. Now do the other foot.

As you can see, grounding helps you get out of your brain and bring your focus to your body. Try them all when you are only slightly worried about something and then chose the ones that you like best and practice them so they are easy to remember when you really need them.

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