# Mindfulness Grounding Exercise- Facilitator Guide and Script

*We share this simple mindfulness practice to model how to take a step back, which is a useful strategy for those moments when someone feels caught up in the pressure & urgency of something happening online.*

You can do this anytime—no equipment needed. If you are online, move right away from your device or turn it off, and just take a moment for yourself.

**Let’s begin.**

Get comfortable in your seat.

Take a slow, deep breath in…  
And a long, steady breath out.

If you like, gently close your eyes. Or just soften your gaze.

**Bring your attention to your breath.**  
Where can you feel it most?  
Maybe the air moving in and out of your nose,  
or the rise and fall of your chest or belly.

You don’t have to breathe a certain way—  
Just follow the natural rhythm of your breath, for a few moments.

**Now, notice your body.**  
Feel where your feet touch the floor…  
Notice the weight of your body in the chair.  
Let your shoulders drop if they feel tense.

No need to judge yourself—just notice what’s there and gently let go of any tension.

**Now, take a moment to notice…**

* **Three things you can feel.**  
  It might be the fabric of your clothes, your feet on the floor, or the air on your skin.  
  Just name them silently in your mind.
* **Three things you can hear.**  
  Sounds nearby… and sounds in the distance.  
  Let them come and go, without needing to react.

If your eyes are closed, you can slowly blink them open.  
Take a few moments to **look gently around the room or out the window.**  
Let your eyes rest on…

* **Three things you can see.**  
  Say them quietly in your mind—no need to rush.

Now, take one more **deep breath in…**  
And a long, calming breath out.

**Thank yourself for this moment.**  
You took a step to care for your mind and body.  
It takes courage to slow down and be in the moment, especially when life feels noisy or demanding.

*Gently transition into the rest of the session or close.*