Feet on the Floor

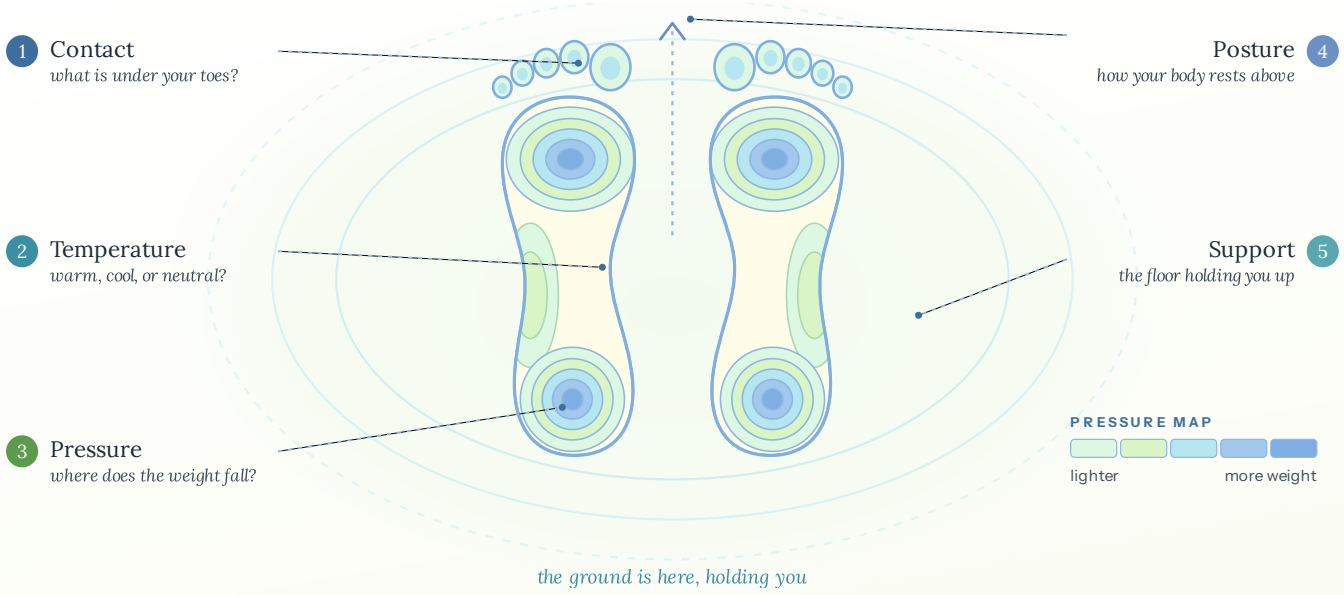
GROUNDING THROUGH THE BODY

Feeling the ground beneath you, one sensation at a time

Bringing slow, curious attention to where your feet meet the ground can help you feel steadier and more present. It works anywhere, takes a minute or two, and nobody around you needs to know you're doing it.

01 Five things to notice

a pressure map of standing still



the ground is here, holding you

02 A slow walk through your feet

about one to two minutes

1. **Plant** — Both feet flat, roughly hip-width apart.
2. **Press** — Push gently through heels, then the balls of your feet.
3. **Notice** — Contact, temperature, pressure. Nothing to change.
4. **Let it hold you** — Let the floor take your weight, steady and solid.
5. **Breathe** — One slow breath out, settling where you are.

03 What I noticed

a few words is enough

- **Contact** *texture, toes, edges* _____
- **Temperature** *warm, cool, neutral* _____
- **Pressure** *where the weight falls* _____
- **Posture** *how I'm resting above* _____
- **Support** *the floor holding me* _____

How grounded do I feel?

	0	1	2	3	4	5	6	7	8	9	10
Before	○	○	○	○	○	○	○	○	○	○	○
After	○	○	○	○	○	○	○	○	○	○	○

0 · not at all *10 · very steady*

Making it work for you

- ○ Sitting or standing both work, and so do shoes, socks or bare feet.
- ○ If your feet are painful or numb, rest your hands on your thighs and notice that contact instead.
- ○ If body focus feels uncomfortable, look around and name what you see.

WORTH KNOWING

Grounding is widely used in trauma-informed care to help bring attention back to the present (Najavits, 2002; Ogden et al., 2006). Research on grounding as a stand-alone skill is still limited, so notice what actually helps you; small, regular practice when calm may make it easier to use when it matters.

SOURCES

Najavits, L. M. (2002). *Seeking safety: A treatment manual for PTSD and substance abuse*. Guilford Press.

Ogden, P., Minton, K., & Pain, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. W. W. Norton.

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