



# MINDFULNESS, GROUNDING, AND MANAGING ENERGY

PART 1

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# AGENDA

- **Intro to Taking Care of Yourself**
- **Self-Soothing**
  - **Mindfulness**
  - **Grounding**
- **Managing Energy**

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# Taking Care of Yourself

What does 'Taking Care of Yourself' mean to you?

# Self-Care

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Be Kind to Yourself

## Taking Care of Your Health

- **Mental Health** is associated with a person's overall mental well-being; including rational thinking, good decision-making, and managing difficult situations.
- **Emotional Health** is related to the ability to manage your moods and feelings.
- **Physical Health** is important because it helps reduce health conditions (related to weight, heart, and other organs, for example), and improves mental health.

Be Intentional

Practice Gratitude

Balance or Burn-Out

# Examples of Self-Care

- **Physical self-care**
- **Activities that help you stay healthy and fit, such as eating well, exercising, and getting enough sleep:**
  - Eating a healthy meal
  - Going for a walk
  - Practicing good sleep hygiene
  - Taking a shower or bath
- **Mental self-care**
- **Activities that can help you improve your mental health, such as reading, practicing mindfulness, or taking a break:**
  - Reading a book
  - Listening to music
  - Practicing mindfulness
  - Reflecting on things you are grateful for
- **Social self-care**
- **Activities that help you nurture relationships with friends and loved ones, such as catching lunch with a friend or planning an outing:**
  - Calling or texting a friend
  - Connecting with nature
  - Planning an outing with a group of friends
- **Spiritual self-care**
- **Activities that help you connect with your inner self, such as meditation or prayer:**
  - Praying
  - Meditating
- **Financial self-care**
- **Activities that help you manage your money, such as setting financial goals or tracking your spending:**
  - Setting financial goals
  - Tracking your finances
  - Cutting out unnecessary expenses

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# Self-Soothing

- A way to reduce the intensity of emotions and anxiety
- A calming way to manage stress and negative emotions
- Utilizes the 5 senses
- There is no “right” way to self-soothe

# Self-Soothing Examples

## **1. Change the environment**

If possible, just change the environment for a few minutes. Go outside and focus on greenery or find a soothing indoor space with a pleasant view or ambiance.

## **2. Stretch for five minutes to move any blocked energy**

Often, after upsetting news or a shock, our bodies respond by freezing and energy gets blocked. A few simple trunk twists, neck rotations, or bends at the hip to touch the toes can help shift stagnant energy.

## **3. Take a warm shower or bath**

Treat yourself with soothing body wash or bubbles and a fresh, soft towel afterward.

## **4. Soothing imagery**

Find soothing things to look at such as a burning candle, soft lights, pictures of loved ones, favorite places, or perhaps some framed inspirational resilience quotes or affirmations.

## **5. Soothing music**

Listen to favorite tracks that have a calming effect or one of the many relaxing music videos for stress relief that are available online.

## **6. Soothing smells**

Create pleasant smells by using an essential oil diffuser, scented candle, or incense. Also, try using scented hand lotion.

## **7. Self-compassion**

Speak compassionately to yourself aloud. Talk to yourself like a good friend would. Give yourself the grace to be off-balance and the space to just be as you are for a while.

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# Mindfulness

- A state of active and open attention to the present

# Mindfulness Examples

**Mindful eating.** This involves paying attention to the taste, sight and textures of what you eat. Try this when drinking a cup of tea or coffee for example. You could focus on the temperature, how the liquid feels on your tongue, how sweet it tastes or watch the steam that it gives off.

**Mindful moving, walking or running.** While exercising, try focusing on the feeling of your body moving. If you go for a mindful walk, you might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells around you.

**Body scan.** This is where you move your attention slowly through different parts of your body. Start from the top of your head and move all the way down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body.

# Mindfulness Examples

**Mindful coloring and drawing.** Rather than trying to draw something in particular, focus on the colours and the sensation of your pencil against the paper. You could use a mindfulness colouring book or download mindfulness colouring images.

**Mindful meditation.** This involves sitting quietly to focus on your breathing, thoughts, sensations in your body or things you can sense around you. Try to bring your attention back to the present if your mind starts to wander. Many people also find that yoga helps them to concentrate on their breathing and focus on the present moment. For more information on meditation and yoga, see our page on types of complementary and alternative therapies.



# Grounding Yourself

- Skill to use when you are having a bad day or dealing with a lot of stress, overwhelming feelings, and/or intense anxiety.
- Helps keep you in the present and helps reorient you to the here-and-now and to reality

# Grounding Techniques

1. Put your hands in water
2. pick up or touch items near you
3. Breathe deeply
4. Savor a food or drink
5. Take a short walk
6. Hold a piece of ice
7. Savor a scent
8. Move your body
9. Listen to your surroundings
10. Feel your body



*Thank  
You!*