This is our *Physical Grounding* practice where we will take time to use our tense of touch to help calm our nervous system. Can practice anywhere and anytime.  
  
Let's get into the practice.

Mindful grounding exercises help bring us into the present moment and use our physical sensations to help regulate our nervous system. We are going to practice today by bringing awareness to tactile sense or sense of touch. Just remember to practice in a ways that are safe, so keep your eyes open for this practice if you happen to be driving or in circumstances where closing your eyes might not be safe for you or others.

Everything I ask is an invitation, so if something does not feel right for you, feel free to just focus on your breath. As a reminder, our brains are built to wander, so if you find your brain distracted, just take notice with as little judgement as possible and gently invite it back to your sense of touch.

Take a moment to get settled into your seat or feel the ground beneath you if you’re standing. Take a big inhale and extend your exhale out a little longer, letting your body and brain settle in. Take another breath just like that: in through your nose and gently extend it out through your mouth. As you inhale and exhale, see if you can drop your shoulders away from your ears or release a bit of tension you might be holding in your brows. Try peeling the tongue from the roof of your mouth if you find it pressed there.

Now, bring your attention to the way the back of your legs feel in your seat. If you’re standing, notice how the area on the back of your leg, behind the knee. Notice how the seat of your chair or the ground solidly supports you.

Take another inhale and extend out your exhale, turning your awareness to how your shirt feels against your skin, the texture of the fabric and feel of it. Notice where it folds or ripples and how that feels different than spots where it hangs loose.

Notice if you can feel a breeze or air on your skin, the feeling of your breath on the tip of your nose as you inhale and the sensation of your rib cage rising and falling as you breathe.

Lastly, pull your attention to your left pinky toe. Notice how it feels either on the ground or in your shoe. Notice it’s temperature and any other sensations.

Let these sensations fade from your focus and turn your attention back to your breath. Take a deep inhale down into your belly, hold your breath for a moment, and then extend out your exhale. We are going to do that one more time. Take another deep inhale into your belly, hold, and then let it go.