HERE NOW

The Jewish Board

Ground Yourself - 3 Quick Exercises



Sometimes your mind is somewhere else, even when your body is right here. Maybe you're thinking about something that happened yesterday, maybe you're worrying about tomorrow, or maybe you have 20 tabs open in your brain.

Grounding is a way to reconnect with what's happening right now. In Jewish tradition, there's a word for bringing intention and attention to the moment: ***kavanah***. It's about being present and intentional about what we're doing, rather than simply going through the motions. You don't have to stop feeling whatever you're feeling, and you don't have to clear your mind. Just pause, notice, and bring a little ***kavanah*** to this moment. Try one of these whenever you need a moment to come back to yourself.

5 Senses Exercise

Draw attention to the here and now. Take a few deep breaths, and then take a few slow, intentional moments to notice:

- 5 things you can **see**
- 4 things you **feel**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 thing you can **taste**

Then ask yourself: What is one thing I notice right now that I didn't notice before?

Feet on the Floor

You can do this sitting or standing.

1. Put both feet on the floor
2. Notice where your feet meet the ground.
3. Notice the support of the chair or floor underneath you.
4. Take one comfortable breath.
5. Notice three things around you.
6. Ask yourself: "What do I need right now?"

The answer might be a drink of water, a break, some encouragement, or nothing at all.

Color Hunt

Choose a color. Take 60 seconds to look around and find five things that are that color.

Then notice how they're different from one another. Are they different shades? Textures? Shapes? Sizes?

Then take one breath and look around the room normally again.

To learn more, reach out to us at HereNow@jbfcs.org

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