

**10 COPING STRATEGIES FOR  
WHEN YOU HAVE LOST YOUR  
CENTER AND FEEL UNGROUNDED  
Checklist**

# Introduction

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- ✓ Staying grounded when we are faced with troublesome or unexpected situations is a practice that can help keep us connected to reality and to the positive elements found in all situations.
- ✓ Essentially, grounding meaning connecting to the Earth and to a safe space within us that is always secure and central to our being. When we connect with our center, we are consolidating our energy and are coming to our most core essence and self. Centering ourselves can help us to deal with emotions that seem overwhelming.
- ✓ We don't always have control over the situations we encounter, but we do always have control over the way we react to situations as they arise in our environment. When we enter a situation that is difficult, we may lose our center and feel ungrounded.
- ✓ Coming back to center and grounding into the support of the Earth allows us to come back to a place of greater clarity and peace.
- ✓ When you are centered you are acting from the highest and most informed version of yourself. You are making decisions that benefit your highest interest and are also caring and thoughtful of others who are involved with you. You feel confident in your abilities and are able to act with self-assurance.
- ✓ When you are grounded, you feel self-supported and know that you have the ability to care for yourself. You can always reach out for help from community and colleagues but feeling grounded helps you feel secure based on the relationships you have cultivated. Sometimes, these relationships are not even with people!

# 10 Coping Strategies To Get Started

## Grounding and Centering

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### Breathe

- ✓ Breathing can be done in a seated position or lying down. Take time to breath in for a count of 4, hold for a count of 4 and release for 4 seconds. Take care to breathe as deeply as possible.
- ✓ Instead of breathing only shallowly, focus on breathing deeply into your belly. You may also put your hand onto your belly and feel your body expand as you take in oxygen.

### Meditate

- ✓ Meditation is a practice of quieting the mind and stilling the body. When we sit in meditation, we allow ourselves to take notice of our thoughts.
- ✓ Take notice of your thoughts, so you can realize how your mindset and how your thoughts affect you.
- ✓ Reframe your thoughts to be more supportive and meaningful in making positive changes.

Meditation can help you clear your mind and create space for a new reality that is constantly emerging and changing.

### Break A Sweat

- ✓ Break a sweat to release toxins and allow yourself to feel refreshed. Then drink fresh and clean water to rehydrate your body.
- ✓ Exercise to release feel-good endorphins that elevate your mood for the rest of the day and keep you motivated to carry on with your positive choices.

### Connect With The Earth

- ✓ Go for a walk outside and engage with nature. Nature is full of negative ions which can help us ground and manage stress.
- ✓ Walk barefoot on the Earth.

- ✓ Walk barefoot on grass.
- ✓ Sit with your feet and/or hands touching the ground.
- ✓ Spend time in Nature to tap into the subtle seasons of the passage of time, and to appreciate the moments as they pass.
- ✓ Maintain a garden or keep fresh flowers and plants in your home to connect with the Earth and tap into your inner strength by bearing the fruits of nature.

## Stretch

- ✓ Engage your body with a calmer nature by stretching.
- ✓ Stretching can be done various ways including lying down, seated, or standing. If you are new to stretching, beginning with subtle stretches that are gentle and awakening are a great place to start.
- ✓ Focus on one singular body part or area, like neck and shoulders, hips, or another area that is tight and tense.
- ✓ Stretching is a great way to ground because it improves coordination and allows for body and spatial awareness.
- ✓ Stretching wakes up the body and deep stretching can even release old emotional energy that is stuck in the body.
- ✓ Take notice of any thoughts or memories that come up when you are stretching. Emotions can get stuck in certain parts of our bodies and when we stretch and release the muscle tension and knots in certain areas, we can often gain relief psychologically and emotionally as well.

## Drink Tea

- ✓ Engage in this mindfulness practice that can allow you to center your thoughts and take a moment of peace for ourselves.
- ✓ When we drink tea, we experience and undertake an ancient practice of mindfulness that has been practiced by monks and ancestors for thousands of years. Drinking a tea can be a thoughtful experience as we feel the heat of the mug in our hands and smell the aroma of the brew.
- ✓ We may think of the farmers who grew the tea and thank them for their efforts. We may experience warmth in our throats and hearts when we drink the tea and allow it to fill our bellies.

- ✓ Drink tea to nourish the body and calm and center your mind and body.

## **Light A Candle**

- ✓ Since the discovery of fire, the element of fire has been an essential part of existence and innovation.
- ✓ Fire is the source of warmth and it is a sense of comfort and also of change.
- ✓ Sit and watch the flame flicker. The flickering of a flame is constantly in motion, moving with the wind. When we light a flame, we are aware of its warmth and color and animation.
- ✓ We can watch how the flame takes on a life of its own while flickering and creating light. We can envision this light guiding us on our journey.

## **Hold A Crystal, Rock Or A Piece Of Ice**

- ✓ When we are feeling ungrounded or uncentered we can hold onto a piece of ice or a rock or a crystal. Holding into something, whether its light or heavy, can allow our hands to engage with an item rather than staying idle.
- ✓ Holding a piece of ice is centering because it brings our attention to the cold sensation and brings us into our bodies.
- ✓ Holding a crystal or rock is also grounding because it allows us to access nature.

## **Pet An Animal**

- ✓ Pets are considered to be man's best friend for a reason. Many people who are lonely have found great companionship with animals of all different types.
- ✓ Animals are special and unique creatures that teach us many lessons by their pure existence. Pets are loving and forgiving and exemplify many of the character traits that humans aspire to have.
- ✓ Pet a dog, cat, or other pet to reduce stress and allow for a sense of relaxation and presence.

## **Listen To Or Play Music**

- ✓ Listen to music that makes you feel good.
- ✓ Listen to music to relax you.

- ✓ Playing music is an engaging activity that unifies the mind and body. Even playing simple music like drumming or chanting some mantras or the lines from your favorite song can engage the mind and body. Listening to music can also calm the mind and center the body.