

# 10 COPING STRATEGIES

## When You Have Lost Your Center And Feel Ungrounded

### **BREATHE**

Breathe 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. Put your hand onto your belly and feel your body expand as you take in oxygen.

### **MEDITATE**

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.

### **BREAK A SWEAT**

Release toxins and feel refreshed and after drink fresh and clean water to rehydrate your body. Exercise to release feel-good endorphins that elevate your mood.

### **CONNECT WITH THE EARTH**

Go for a walk outside and engage with nature. Walk barefoot on the Earth. Walk barefoot on grass. Sit with your feet and/or hands touching the ground.

### **STRETCH**

Stretching can be done various ways including lying down, seated, or standing. If you are new to stretching, begin with subtle stretches. Focus on one singular body part or area, like neck and shoulders, hips, or another area that is tight and tense.

### **DRINK TEA**

Experience and undertake an ancient practice of mindfulness that has been practiced by monks and ancestors for thousands of years. Drink tea to nourish the body and calm and center your mind and body.

### **LIGHT A CANDLE**

Fire is the source of warmth, comfort and also of change. Sit and watch the flame flicker.

### **HOLD A CRYSTAL, ROCK OR A PIECE OF ICE**

Allows the hands to engage with an item rather than staying idle. Holding a crystal or rock is also grounding because it allows us to access nature.

### **PET AN ANIMAL**

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.