

3 Quick Mindfulness Exercises to Help You Ground Yourself

1. Come Back

When you catch yourself being caught up in worries about the future or guilt and regret about the past, just notice that it is happening and simply and kindly say to yourself, “Come back.” Then take a deep calming breath and focus on what you are doing right now.

2. Three Senses

Another helpful mindfulness trick is simply to notice what you are experiencing right now through three senses – sound, sight, touch. Take a few slow breaths and ask yourself:

- What are three things I can see right now? (the chair, the book on the table, the bottle of water) car going by, music in the next room, my breath)
- What are three things I can hear? (the sound of cars passing by, a person talking nearby, the music from the coffee shop)
- What are three things I can feel? (the surface I am sitting on, my wallet, the mug in my hands)

3. Deep Breathing Exercise

Adopt a comfortable position and try to keep your back straight. Close your eyes and try to pay attention to your breathing. Pay attention as your stomach inflates as you breathe in and how it deflates as you breathe out. As thoughts try to enter your mind, simply notice them and gently bring back your attention to your breathing. Take a few additional deep breaths while trying to focus your attention on that action and feeling.