

Embodied Self-Regulation

A Practical Resource Guide

{Grounding}



Grounding

To be grounded is to stand firm in the present moment, feeling the earth beneath your feet and the breath within your body

Exteroceptive grounding through the senses: Where Orienting to the here and now

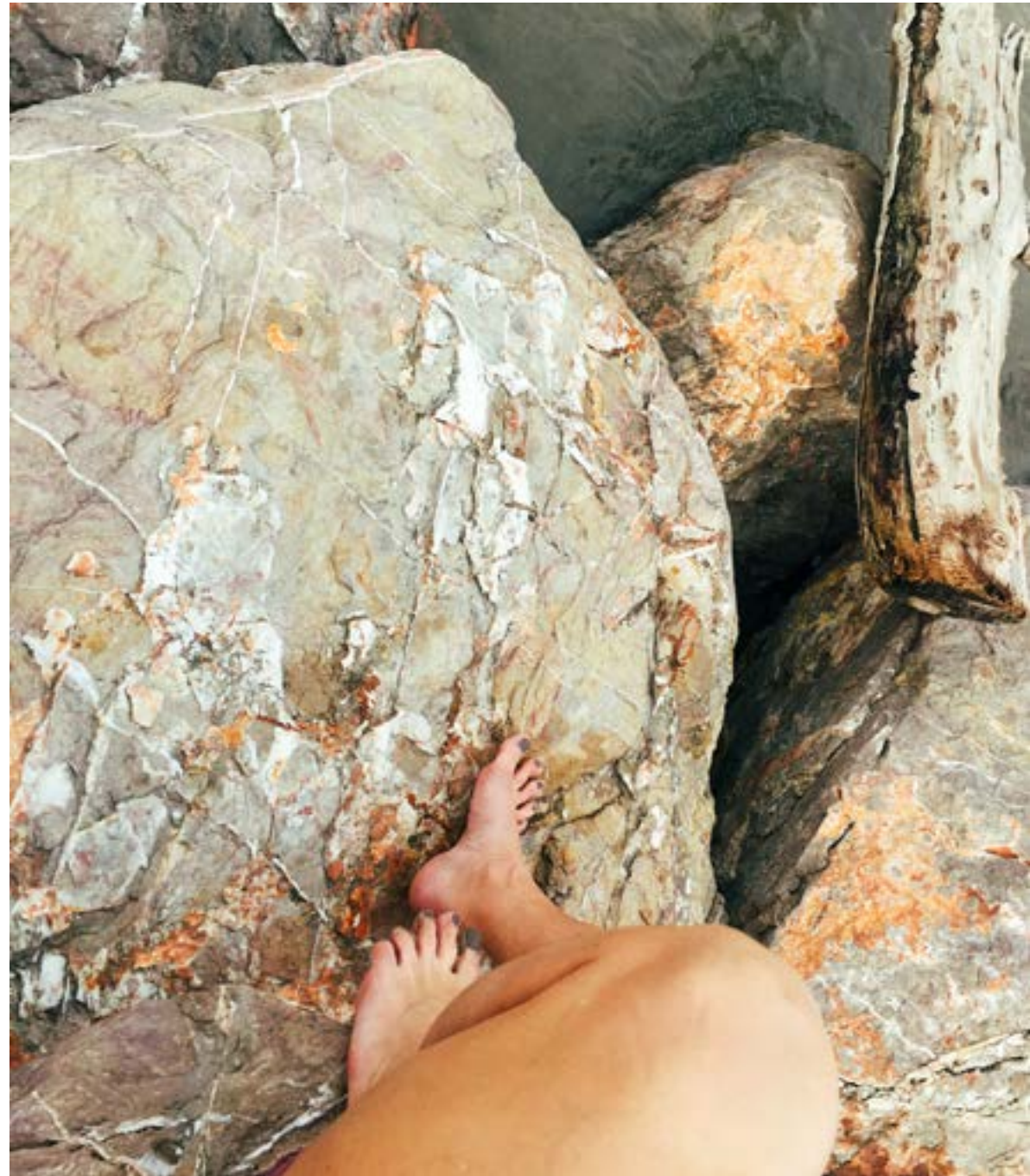
Proprioceptive grounding: sense where the body begins and ends in space.

Yielding: Softening into Gravity, Sensing the Gravititas of what is held in the body

Grounding

Awakening
sensation in
the legs and feet

To ground is to nourish the roots of our being, allowing our true self to flourish and grow.



Grounding while **seated** or in **movement**

Would you be willing to experiment with some movement that focused on grounding?

As you explore this process, notice what arises for you. There is no right or wrong response.



While seated notice how your body makes contact with the chair you are sitting on. Can you sense the contact on the back of your legs and your hips? Do you notice the sensation where your back meets the back of the chair? Do your feet touch the floor? If not, can you adjust your seat so that your feet can be in contact with the floor? Take a few moments to notice the sensations in your legs and feet. Slowly, press your feet firmly into the floor. Notice your engagement of the large muscles of your legs. Now expand your awareness to your whole body.

Grounding while Standing

Let's stand up together and find a squat against the wall.

Find the depth that is right for you, and place your back against the wall. Take several breaths, pressing your feet firmly to the floor, and allow the muscles in your legs to engage.

Notice how you need to breathe in response to this shape.

Take several breaths here, and rise up when you feel ready.

[it is valuable to stay in this shape for about a minute or more]

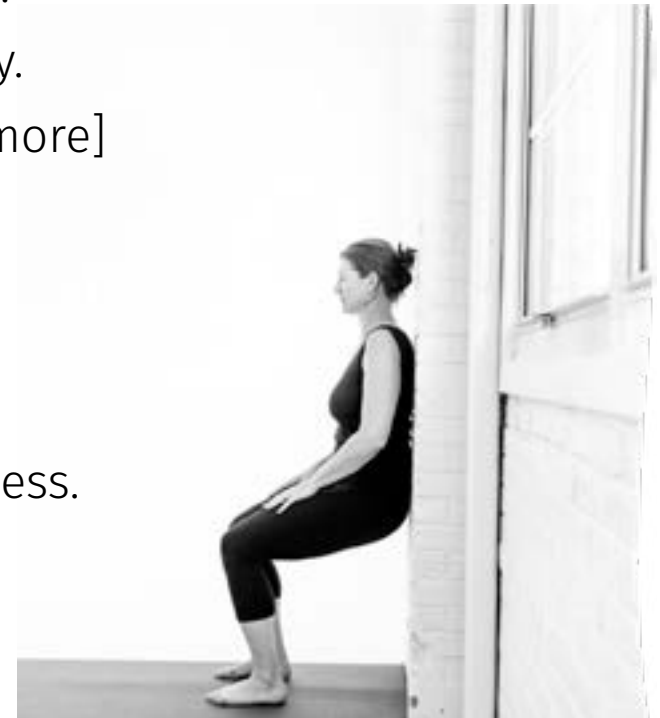
When you rise up, notice the sensations in your legs.

Take a few moments to bend and straighten your legs.

What are you aware of now?

Perhaps you feel a little shaky or a greater sense of aliveness.

Make space for any feelings that arise.



Grounding and Listening

Sometimes, when feelings become overwhelming, it's helpful to hold onto or press against something that embodies steadiness, grounding, or solidity. This can be as simple as pressing your feet firmly into the floor or holding onto a tree.

As you do this, tune into the rhythm of your breathing. Breathe deeply and listen to what is moving within you. Perhaps there is something inside you that needs to be listened to?



Yielding into Support

Would you be willing to experiment with resting into support?

As you explore this process, simply notice what arises for you. There is no right or wrong response.

While sitting down, explore resting into your connection with the chair (or couch). Explore how it feels to sense the chair supporting you from below. Can you allow yourself to feel the support of the back of the chair? Notice if you have any unnecessary tension that prevents you from resting into this support. Or notice if you feel an urge to collapse. Do you notice any emotions that arise as part of this process? If so, would you like to explore this (e.g. tension pattern, feeling of collapse, feeling of fear)?



Grounding is the art of centering ourselves, finding balance between our physical presence and our emotional world



Discover the Transformative Power of Somatic Healing

If you're interested in deepening your understanding of embodied experience, connecting with your sense of ground, and reclaiming your innate wisdom, consider exploring the transformative world of Somatic Healing with me

schedule a session here: tamararomaniuk.com/workshops/individual-sessions

or sign up for the online group program - [reCovery - training on resilience](#)

which starts on October 8th, 2024



If you have any questions, feel free to reach me via e-mail. tamara@tamararomaniuk.com

embodied life

SOMATIC HEALING + SCIENCE OF CONNECTION



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