



Grounding Exercise

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by Cai Graham

www.caigraham.com

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NOTE : These are relaxation exercises. Please do not carry them out whilst driving or operating machinery.

[SOURCE : Greater Good in Action : UC Berkeley]

CAI GRAHAM

Cai Graham is a Parenting & Teen Coach, Speaker and Amazon #1 bestselling author of The Teen Toolbox.

Cai specialises in supporting families overcoming obstacles; including communication issues, loss and trauma, so that they can enjoy a brighter future.

Everything you are doing has brought you to this stage. But to get different results things have got to be done differently - right? As a parent - the focus is understandably on your children. Trouble is, in the process you get lost along the way. This often breeds resentment, fatigue and loss of self-esteem. To be the best parent you can be - we need to build YOU up first.

Cai's mission is to empower people by providing them with the tools and techniques they need to cope with the challenges of modern day life. She supports them by breaking through their fears and phobias equipping them with some great coping strategies to allow them to live their lives to the fullest.

As a mother and feminine entrepreneur Cai has blended over two decades of motherhood with her background as a Master Practitioner in: NLP, Hypnotherapy and Coaching to create an online education program, a book, and a one-of-a-kind luxury retreat for individuals and families.

“

Family is not an important thing. It is everything.

”

Michael J. Fox



CAI GRAHAM

Wanna Get in Touch?

I would love to connect with you personally - and there are a number of ways you can get hold of me:



Page: www.facebook.com/thecaigraham

Facebook Group: www.caigraham.com/FBGroup



Podcast: www.caigraham.com/podcast/



www.instagram.com/caigraham



www.caigraham.com



cai@caigraham.com



Book a CALL with me: www.caigraham.com/call



ONLINE CHAT with me: m.me/thecaigraham



MY BOOK: The TEEN Toolbox is available on

Amazon: www.caigraham.com/book

WELCOME



“

YOU create your
own CALM.

”

Do you ever feel overwhelmed and that you can't think straight?

Sometimes this is because there's so much going on in our lives and we cannot work out which way is up. But there are also times when we are picking up certain vibes from the people around us.



Have you ever smelt smoke on someone's clothes? Well, just like we can pick up smells we can also pick up **ENERGY** the vibes from others.



Just like Gravity we cannot see Energy but it's there. It's in the wind, in the mobile phone signals and it is also in people's emotions. Problem is that because it's invisible, it's hard to work out the positive energy from the negative stuff.

Energy builds up and when the levels get too high we sometimes have a meltdown. So, stands to reason it's a good thing to take care of our energy levels right?



Ever hear someone say that they “need to let off steam” ? What they're really saying is that they need to unwind and release their pent-up energy. For some people exercise really helps, for others it might be sitting quietly and relaxing with a good book it's different for all of us.



Write down here, some things that you do to make yourself feel calmer.

What do you do when you need to feel more relaxed? How do you release that pent-up energy?



Maybe you don't have a strategy that can help you. If you don't then I shall help you. Here is an exercise that you could try. It's called **grounding**.

Some people like to go for a walk outside others take their shoes and socks off and walk on the grass. Ever heard of the phrase "*Hug a tree*"? Well, that's grounding. Seriously, it's a great way for absorbing the energy from Mother Nature she's so much calmer than us humans! And so are animals ever felt more relaxed after being with a pet?

Anyway, grounding is great for the times when you are feeling a bit out of sorts and need to sort your head out a bit.

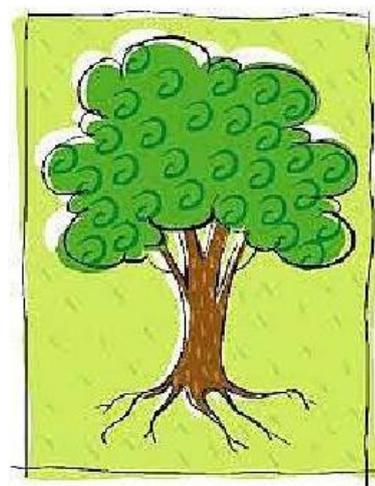
(When you feel like this you are ungrounded. There's nothing to be alarmed about it just means you could benefit from finding a bit more focus.)

So here's what we do:

1

PREPARATION

■ There's a picture of a tree here for a reason. The roots of the tree take all the goodness from the ground all the positive energy comes from the earth. The goodness flows through the tree and then all the waste is recycled into the atmosphere (so I shall ask you to do something similar in this exercise).



■ Take your shoes and socks off if you can. Our body has loads of energy channels running through our body (a bit like our own electricity system) and many of these channels are in our feet.

- Sit quietly so you are comfortable with both feet on the floor. By having our feet flat on the floor it's easier to 'connect' with the earth and that helps our body to balance and our minds to settle.
- Try and make sure that your arms and legs are uncrossed and that your back is quite straight.
- Just let your mind flow let it relax as much as possible. There might be all sorts of stuff going on but that's OK just listen to it but don't take it seriously.



IMAGINE THE ENERGY

- Close your eyes and breath slowly in and out; noticing your breath as it flows into your body and out again. Breathe at the pace that feels right for you.
- Notice what parts of your body feel 'stuck' or 'blocked'. These areas have negative energy that we want to clear. Imagine that these bits seem darker.

- Now, focus on your feet that are flat on the ground and try to imagine that your feet are growing roots which are digging deep into the earth and that through those roots you are pulling positive energy. Maybe let this positive energy appear as a bright light whatever works for you.
- Imagine the light flowing up through your feet and up your legs. As the light passes through you can feel your calves and your knees begin to relax allowing the light to pass through to your thighs and your hips.
- As the light flows past the belly button, feel any butterflies in your tummy relax and settle.
- Each time the light comes to one of the places where there was blackness make sure that the white light washes it away.
- The light gently flows throughout your whole body cleansing each organ as it comes into contact with it.
- You can feel your body begin to relax and the negative emotions gently being released.

- Flood your body with white light.
- Anytime you need to release the blackness - breathe it out through your breath; like the tree recycling the waste that is no longer needed.
- As the white light gently flows through your head notice your thoughts slowing down and becoming calmer. Notice that the negativity is being released and breathed out. This negative energy is no longer serving you so just let it go.
- Really feel as if you are washing your whole body with calming white light.



**Now that you have this exercise - you
can use it whenever you need.**

**Whenever you want to settle your thoughts and you
need to feel calm and confident.**

You can use this exercise in any different situations-
before going to sleep at night or maybe a test or a
presentation. Maybe someone is getting on your
nerves and you just need to get your thoughts cleared.

You are in control.

So what do I do now, Cai?

Well - if you are still with me - GREAT!

I would love to be able to support you further.

PARENTS THE
TEEN
TOOLBOX

Equipping Parents and Teenagers with the
Tools for Navigating Adolescence



CAIGRAHAM.COM

Why not come on over to my Facebook group: **PARENTS: TEEN Toolbox.**

Click this link www.caigraham.com/FBGroup - or enter it in your browser.
This is a safe place for you to get some practical, down to earth advice.

You will receive support from:

- Me personally - I post every day in the group
- Other parents - just like you - who have a wealth of experience - and who are also wanting to support their children through those challenging teenage years.

So, click this link www.caigraham.com/FBGroup - and I can't wait to Welcome you in.

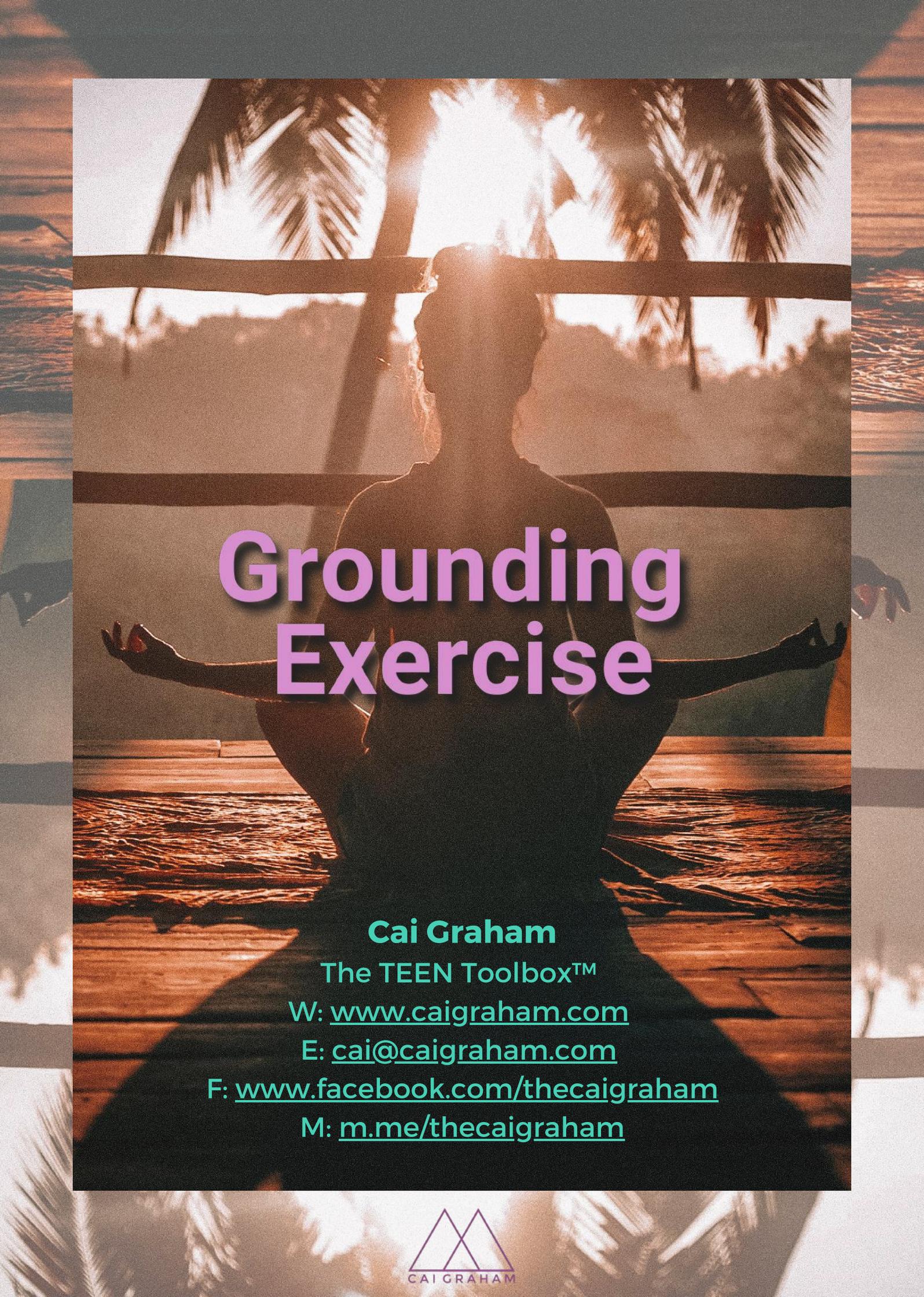
PARENTS: Why not come and join.....

TEENAGERS: Check out my YouTube channel: www.caigraham.com/Youtube

Much Love

Cai x

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Cai Graham

The TEEN Toolbox™

W: www.caigraham.com

E: cai@caigraham.com

F: www.facebook.com/thecaigraham

M: m.me/thecaigraham

