

Grounding & Breathwork Guide

A practical guide for staying calm, centred, and present after unusual or forest-based experiences

Introduction

This guide offers simple grounding and breathwork tools you can use privately, at your own pace. *Not to be used whilst driving!

These practices are intended for **general support and self-regulation**, not medical, psychological, nor therapeutic treatment.

Use what feels helpful and leave the rest.

1. Grounding Breath:

- Sit or stand comfortably, with your feet touching the floor/ground (*don't lie down)
- Allow your shoulders to slump downwards
- Once you get used to the whole exercise, through practising, close your eyes if you're safe and feel comfortable to do so
- Inhale slowly through your nose for **4 counts**
- Exhale gently through your mouth for **6 counts**
- Repeat for **5–10 breaths** *Don't breathe too deeply nor too slowly otherwise you may feel light-headed
- As you breathe, bring your awareness to your feet and legs.
Notice your body's contact with the floor/ground beneath you.

2. Grounding Visualisation (Optional):

- If visualisation feels comfortable, you may use simple colour imagery.
- If not, focus instead on another aspect eg. temperature, or another quality that resonates with your senses
- **Red** – associated with grounding and releasing tension - imagine an object that you know is red - tomato, red traffic light eg.
- **Green** – associated with the heart area, compassion, and self-kindness - imagine an object that you know is green - grass, green traffic light eg.
- **Blue** – associated with calm, clarity, and steadiness - imagine an object that you know is blue - the sky, ocean eg.

How to use:

- Imagine one colour gently filling the legs, feet - or wherever your focus is pulled to
- Breathe slowly for 3–5 breaths
- Allow any excess tension to ease with the exhale, and allow the colour or sensation to filter down and through the toes into the ground. Feel into that relaxation.

3. Centre Check:

Place a hand on your chest or abdomen

Ask yourself quietly:

- *Am I present right now? The here and now?*
- *Do I feel steady enough to continue my day?*

If needed, repeat the grounding breath exercise until you feel more relaxed and calm.

Take as long as you need

- Open your eyes when you're ready.

4. Simple Support Actions

These can help reinforce grounding:

- Drink water
- Step outside briefly to get some fresh air if possible
- Stretch or move gently
- Sit somewhere quiet and take in the sounds of nature - Spotify etc has a fab selection, if you are indoors.

5. Personal Reflection (Optional)

You may find it helpful to note a few words about how you feel after completing this exercise - in a journal/diary, or even on a sheet of paper. Get it off your chest!

This is for **your own private awareness**.

Support & Contribution

If this guide has been helpful, you're welcome to support the creation of further resources here:

Support me on Ko-fi: <https://ko-fi.com/myserenebreathwork>

Any contribution is appreciated.

Reach out to me anytime, at hello@myserenebreathwork.com