

# Grounding & Breathwork Guide

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

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### **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.

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### **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.
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### **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.
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### **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.
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### **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.
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### **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**.

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### **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](mailto:hello@myserenebreathwork.com)