GROUNDING TECHNIQUES
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To be grounded requires practitioners to remember our roles, identity, trainings, intentions, abilities, and our limits both in preparation for and in the face of the difficulties, horrors, strengths, and needs of clients who present to us.

1. Good Day
Set a positive intention for your day early in the morning so it drives the mind in a certain direction and sets the tone for the entire day.

"Today I will ... check my phone or email first thing"
"Today I will ... drink my coffee before TV"
"Today I will ... hug my children and tell them I love them."

2. Turn Cheek
Dare to open a closed heart in the face if criticism. Do not allow yourself to respond to negativity with negativity this only draws you into the suffering. Someone who is angry, negative, or criticizes maybe suffering in some way.

Close your eyes and breathe in a wish to take away unhappiness
Breathe out wishes of good will and comfort toward them
Take their suffering and offer them peace

3. Heaven & Earth
When we see a client suffering and resistant, we often push a little harder, only reinforcing that resistance and fear. How we respond to resistance influences whether it increases or decreases. We must let go of our agenda, and open to the client's pace and direction. Partnership and effective change comes out of flowing with rather than against where the client is.

Point one hand to the sky, the other toward the ground, feeling yourself stretch
Switch hands while speaking your intentions:
“I release my expectations so I can meet the needs of my clients today”
“May I be an agent for change”

4. Go With the Flow
Stop the spiral of negative thought and belief, using your morning bathroom routine as an encounter with peaceful respite.

As you wash your hands, feel the warm water, focus the sounds it makes, its force
Allow the water to cue your own reset, washing your worries and thoughts down the drain
As you rub lotion on, notice its the texture, sensation, and aroma
Allowing a moment of awareness in these brief moments
Let go of worries now rinsed down the drain, as you are soft and welcoming for your clients

5. Anchors Away
Having a visible item that anchors you into yourself simply by looking at the object.

Choose an item that is meaningful to you
Place that one item in a visible space in your office where you can see it while looking at your client
Use it during a session when feeling vulnerable to a client’s story or emotions
We respond to visual cues and this tool quickly reduces hyperarousal.
6. Photoshop
Choose images that remind you of those you love, a friend or pet or family member, and use them as your screen saver, desktop image, or phone background
- Choose photos that immediately bring the loved one to mind
- Look at the photo and connect to the mood, feeling, and value of the photographed moment
- Allow yourself to smile and look at this photo on breaks or in-between sessions
- When busy or stressed, we lose a sense of compassion and appreciation for human connection
- The images open your heart allowing for greater calm, less judgment, and more empathy

7. Good for Me
There is importance in acknowledging work well done
- Put your hand on your heart or chest and say “good for me” 3 times in a row
- It is important to explicitly notice good times, good endings, and good work
- Challenges, wrong turns, and miscalculations despite our best efforts are physically felt
- This is a way to physically feel and honor happy endings and successes

8. Repeat After Me
Grounding ourselves against reactivity
- Pick a word or phrase that resonates with you such as Patience, Peace, Serenity, etc.
- Or choose a phrase such as “this too shall pass” or “I will not give my power away”
- When you find yourself reacting to clients, coworkers, supervisors, or employees,
- Repeat the word or phrase several times whether out loud or in your mind
- When pushed to our limits, this can promote our ability to stay calm and reasonable
- Self-Talk, as tell our clients, reflects our state of mind and can officially guide it as well

9. Surrender
Symbolically let go of your own need to see your client’s progress
- The rate and direction of change and progress is always up to the client, not you
- Client’s have a right to both succeed and fail by their own choices, and we respect that right
- Write on strips of paper your clients' initials
- Ball up those strips and release the paper into a jar or container stating with each one,
  “I surrender this person to their highest capacity, growth, and good.”
- As the helper of the relationship, we hold our clients with great respect,
- To respect them, we cannot tie ourselves or our identities to their progress or outcomes.

10. Imagine That
Connect yourself to happy and calm feelings
- Imagine yourself in a favorite place, happy and peaceful, whether real or imaginary
- Summon as many aspects of this place as possible including the sounds, the smells, the climate,
  the breeze or stillness, the tastes, what your hands are feelings and where your feet are placed.
- Let the sensory cues come alive in your imagination, then enjoy those sensations physically
- Your brain and body begin to respond as if you are in that space, and you instantly feel peace
ENERGIZING TECHNIQUES


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Connecting with your purpose for doing this work goes a long way in helping positively energize and motivate you. With a great deal of time in low energy contexts like offices, energizing techniques address the physical side of feeling energetic and alive in your work.

1. Helping Hands
Renew your personal mission, and energize yourself for the work of the day or moment

- Place hands over your eyes and say “May I see with clarity”
- Place hands over ears and say “May I hear what needs to be heard”
- Place hands over heart and say “May my heart be open to those who suffer”
- Hold out your arms, hands open and say “May my hands be of service to those in need”

2. Give Thanks
Bring professional gratitude into your life

- Either in person or through technology, tell a colleague “Thank You”
- Let the feeling of gratitude for someone bring a smile to your face
- Thanking someone increases your awareness of gratitude in your life, builds feelings of connection, and enhances your social bonds.
- Being appreciative is significantly related to life satisfaction & positive emotions

3. Bow and Arrow
Remind yourself that change doesn’t always feel forward-moving

- Put your arms in the position of launching an arrow with a bow
- Tilt your head back a bit to expose your neck, and open your chest by pulling the “bow” wider Switch sides and repeat the process in the other direction
- Do this exercise when you feel frustrated with a client’s lack of progress.
- This represents our clients in the way you pull back on the bow before launching forward
- Our clients often present stuck, or take steps back before making progress
- The tension, however, is where the growth occurs

4. Marching Orders
Wake yourself up with movement

- Stand at attention with back straight and head erect
- March in place, bringing your legs up and down while swinging your arms.
- Keep marching for 30 seconds while you say “I am awake and ready”.
- After sitting most of the day, this activity gives your mind and body a healthy rush of energy

5. Work in the World
Saturate yourself with gratitude

- Think of 3 things you are grateful for about your employment, listing them in your mind
- Now imagine how life would be without each of those three things
- Notice and be glad for the good things at this moment in your work life.
- Gratitude is a direct path to happiness, which is a direct path to being effective in your work
6. Sing a Song of Sixpence

**Lift your spirits with a song**

- Think back to songs you have loved for a long time. Things of new songs you've just heard.
- Find that song, play it, and sing along...as loud as you can
- Think of each song as a gift to yourself
- Singing lifts your spirit and connects you to a different level of awareness.
- Singing is energizing, as it is associated with good memories stimulating energy

7. Make 'Em Laugh!

**Use laughter as mood medicine for yourself and those around you**

- When friends or co-workers send you a funny video or image that makes you laugh,
- save them and revisit or share them with others in the future
- Play no-clean-up, no-victim, no-consequence practical jokes at the office
- Allow yourself to be silly in the presence of others
- Continuous laughter is an aerobic exercise, oxygenates blood, and stretches muscles all over

8. Starfish

**Calm your nerves by connecting to something larger than yourself**

- Put your hand over your heart, and say or think the words
  "I am going to touch a life today."
- "I am going to say something that someone especially needs to hear. May I be of service."
- This helps minimize anxiety and nerves.
- This is a good practice when working with a new client, speaking to a class, or making presentations.

9. Fresh Air Fund

**Reinvigorate yourself during a long day**

- Go outside and repeat the following pattern 3 times:
  - Sniff in through your nose twice,
  - Then breathe out quickly through your mouth twice
  - "sniff, sniff, ha, ha."
- Follow 3 rounds of breathing by looking at or touching some detail of nature
- Quick repetitive breaths are energizing, and noticing the detail of nature reminds us there is a bigger purpose or context than our own little world

10. Victory Lap

**Honor and celebrate your client's successes**

- Especially in an "AH-HA" moment, whether it happens in a session or outside of the session
- This can be done with a high-five, yelling success, or taking a victory lap in your office.
- In the midst of all the suffering, setbacks, and roadblocks we witness,
- it is important that we notice and celebrate the smallest of our clients’ successes
REFRESHING TECHNIQUES


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Let’s face it; relaxing is HARD! Different people relax in different ways. It’s important to find small ways to relax every day that will replenish you. Distracting ourselves and relaxing ourselves are very different things. Distracting doesn’t refresh us like relaxing does.

1. Unplugged
   Go on a digital detox
   - Turn off the phone, shut down the computer, and remove yourself from all screens.
   - Select a period of time (hours/day) and do not use or access the devices.
   - We are living in the most overly stimulating era in human history. But think about it; you value clients enough to not access emails during client sessions, right? So give yourself a real break.

2. There’s No Place Like Home
   Transition to your home with gratitude
   - Think of 3 things you are grateful about your home, perhaps aspects or feelings that you are particularly excited about when you arrive home each day.
   - Gratitude is your fastest shortcut to happiness and inner peace, and this simple practice of refocusing your attention can change your mood and attitude, increasing positive interaction with others once arriving home.

3. Lavender Fields
   Smell your way to relaxation
   - Utilize the natural calming effects of the lavender scent
   - Spray a light lavender mist in your office, use lavender lotion, or burn a lavender-scented candle anytime during the day.
   - Research supports the effectiveness of the lavender scent in reducing stress and aiding sleep
   - When we are relaxed, we are better able to retain the awareness and presence we need to do good work with our clients

4. Shut-Eye
   Rest your body with a daytime power nap
   - Find a place and position where you can comfortably rest your head and close your eyes
   - Set a timer to ensure that you do not sleep longer than 25-30 minutes
   - Anywhere from 5-25 minutes of either sleep or closed-eye, dark stillness will be restorative as you feel the tension drain from your body as you rest
   - Even a quick power nap gives you a boost of energy and alertness that makes you more productive the rest of the day.

5. Doodle Bug
   Pause from the relentlessness of the day...and doodle
   - With paper and pencil, see what happens by simply letting the pencil move
   - Artistic endeavors both engage the right brain and relax the left brain
   - Doodling allows the mind to wander, moving our attention away from goal-directed activities relaxing that overworked side of the brain
6. Music to My Ears
Reduce your stress response via the magic of music
- Stop and listen to a few minutes of calming or relaxing music you adore
- Turn off all screens for the duration of one song, so you are not distracted
- Close your eyes, listen calmly, and allow yourself to be swayed by the music
- Music speaks to the soul, allowing us to intentionally shift away from a verbal world which gives our stress response system much-needed break

7. Writing by Candlelight
Turn writing into an exercise in relaxation
- Light a candle directly in front of you
- Gaze into the depths of the flame for a few seconds, focusing on flame as darts out from the wick
- Leave the candle burning as you catch up on paperwork
- When you blow out the candle, watch the smoke until it disappears and all is still
- Candlelight is mesmerizing, and we intuitively respond to it with calm, creativity, and sacredness

8. Now Hear This
Let sound calm your nervous system
- Choose five minutes or longer to make your soundscape that of nature's sounds
- You can find these sounds for free on YouTube or with an app
- Listen to sounds of the forest, birds, thunderstorms, ocean waves, light rain, etc.
- These sounds have a calming effect on our brains, providing a sense of well-being (especially sounds involving water)
- Turn off the noise in your head by opening your ears to the sounds of nature, and feel a sensation of spaciousness

9. Clean Sweep
Use physical movement to clear the feelings in your office space
- Holding a tissue or feather (or even simply your arms), walk around your office swiping at the air, gesturing for any heaviness or negativity to move.
- Use this motion in the area where your last client sat if they seemed to leave a weight or heaviness in your office space
- Make a “swoosh” sound, imagining the negativity and heaviness being pushed out of your office on the air
- Ritualistic movements and sounds are powerful methods for utilizing the mind-body connection to change thought patterns and shift feeling states.
- Imagine yourself pushing out any heavy or negative from the space, allowing you and your next client to meet in a positive and airy space

10. Count Down
Count your way to peace
- Close your eyes and slowly count your exhalations from 1 to 20
- As you count one, imagine the number “1”, appearing on a big screen
- With the second breath, imagine the number “2” appearing on the same screen, the “1” now gone
- With each written number, feel yourself going deeper into relaxation
- When you notice other thoughts arising, bring your attention gently back to the imaginary screen
- This technique harnesses the mind by focusing your thoughts on something visual, putting you back in charge of your thoughts