

Grounding exercise – using an item

When we are caught up in our stressful thoughts and emotions, we are pulled out of the here and now. This can interfere with our ability to focus on situations that require our attention or go about our daily activities.

Grounding using an item is another skill to help bring your attention and emotions into the present moment. Find an item that is small and can fit into your hand or pocket. This can be something as simple as a paperclip or a small stone. It may be something more meaningful to you, such as something handmade, or reminds you of a particular time in your life. It may also be something with a quality that you find grounding such as a smooth or rough texture, or a particular fragrance (such as lavender) that you find calming. This might be an item that you can keep with you in your pocket when you attend medical appointments, scans or egg collections and embryo transfers if helpful.

When you notice yourself feeling anxious or your stress level rising, put the object in your hand. Squeeze it, roll it over, smell it, look at it, and turn your thoughts to this object. Think of the positive meaning associated with this object and experience the physical attributes that you find calming.

