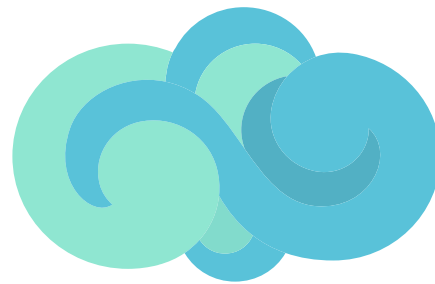




LFS  
**COLORADO SPIRIT**  
Wellness Program  
Of Lutheran Family Services Rocky Mountains

# Grounding Yourself With The Elements





**"Waterfalls wouldn't sound so melodious if there were no rocks in their way."  
- Rishabh Gautam**

## **Waterfall Exercise Instructions:**

- 1. Take a moment to check-in with yourself to acknowledge how you are feeling and identify negative thoughts, emotions, or stressors.**
- 2. Find a bowl of water**
- 3. Find a glass of 1 or 2 cups of water**
- 4. Gently pour the water from the glass into the bowl – watch the water and listen to its sounds as you visualize negative thoughts and stressors releasing.**



**“Music to me is the air I  
breathe it's the blood that  
pumps through my veins that  
keeps me alive”  
– Billie Joe Armstrong**

## **Breathing Exercise Instructions:**

- 1. Bring you attention to your breath**
- 2. Place your hand on your heart or both hands on your knees**
- 3. Breathe in for 4 seconds**
- 4. Hold your breath for 7 seconds**
- 5. Slowly breathe out for 8 seconds**
- 6. With every inhalation and exhalation feel and listen to your breath**
- 7. Repeat until you feel relaxed and calm**



“Light up the fire of love  
inside and blaze the  
thoughts away.”  
– Rumi

## Candle Exercise Instructions:

1. Bring your attention to something you want to let go of
2. Find a match or lighter and Candle
3. Hold the thought as you light the candle
4. Close your eyes and visualize what you want to let go off
5. Open your eyes and blow the fire out



## Grounding Exercise Instructions:

1. Find a natural item a rock, plant, leaf, or twig OR sit outside or by window

2. Close your eyes as you hold the natural item

3. Connect with your senses and name

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

4. Let the natural item ground you and remind you of your