

Thrive 365

Dragonfly: Impact Education



Did you know?

Learning to recognise how an emotion feels in the body can be an effective grounding technique.

A grounding technique is a method of bringing yourself out of your mind and rooting yourself in the present by focusing on the physical senses.

This is the essence of mindfulness. It's not something that needs take a lot of time; it's simply about reconnecting your mind and your body - focusing on your senses to bring you out of the past or future and into the present. Little and often really works.

1 Notice feelings

It might sound strange, but there are lots of things we feel everyday that don't even register on our conscious radar.

We might be busy, or not want to deal with an unpleasant emotion so automatically look to distract ourselves (think phone games/scrolling!). Then, at the end of the day, we have a lot of subconscious feelings that we haven't dealt with but can't quite put our finger on why we feel so low.

So, first of all, notice when a feeling washes over you by pausing and taking a breath.

2 Give language

A lot of young people can identify happy, sad or angry. If it doesn't fit into happy/sad, they tend to default to angry! Try and categorise the emotion into a broad category (happy/sad/ angry/ disgusted/ surprised) and then try and put a more specific label on it (surprised in a good way or bad way? Dismayed/shocked/excited/ amazed/confused?).

3 Interrupt thoughts

Next, think about where you are physically feeling it in your body: tense shoulders? Butterflies in tummy? Tight chest? Tingling on the back of your neck? Chances are it will be felt in more than one place. If you notice your jaw is clenched, or your hands, or you're holding your breath, try to consciously relax those areas.

Take a few seconds to acknowledge the feelings, breathing in for 3, out for 4. This will take you out of your mind and can be an effective way of stopping negative thought cycles.

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