

# 5 TOOLS TO STAY GROUNDED EASILY

## 1. KEEP YOURSELF FED & NOURISHED WITH PROTEIN-RICH FOODS.

Root Chakra Foods are by far the easiest way to feel nourished and grounded.

A well-balanced diet is the key to a healthy Spiritual body that most importantly includes:

Listening to the Body and it's needs.

Protein-rich foods: meat, beans, eggs, tofu.

Oats, Quinoa, Lentil, Greek Yogurt, etc.

Root Veggies & fruits: Potatoes, beets, onions, garlic, carrots, radishes, Apples, tomatoes,

## 3. FOCUS ON YOUR ENVIRONMENT

Get Reconnected to the World Around you. Your Environment tells you a lot about how your mind is operating. Start by Focusing on Your Home Life.

Evaluate if your Home Life is harmonious or Chaotic. Is there beauty or clutter? Go outside into the world around you, & most importantly Declutter.

TIP: Declutter one area of your home.

## 2. PHYSICAL MOVEMENT

Get out of the head and snap back into the body with MOVEMENT.

When we physically move, we're literally moving stagnant energy. Often when we're feeling ungrounded, we're in a state of inaction. To get rid of feeling spacey, out of balance or stuck:

Create more Physical Movement.

TIP: Yoga, Walking, Exercise, House chores, Jumping Jacks, Create Movement breaks.

## 4. GET CONNECTED

Get Present & Reconnected. We can easily get reconnected with a real conversation face to face. We also can get connected with Meditation. Active Listening is a great way to feel connected as we naturally feel as if we're reconnecting to our tribe (our place of belonging).

This is our natural human instinct to feel connected to our family & tribe.

TIP: Practice Active Listening.

## 5. TAP INTO THE FEELINGS OF SUPPORT & SAFETY

Earth Itself, supports the ground we walk on. We are meant to feel supported & know all our needs are met. When we are ungrounded we're searching for Support, Safety, Security and Connection.

Begin to Tap into the Feelings of Feeling Supported, feeling safe and feeling connected.

JOURNAL ON: What already makes you feel supported in your life?

TIP: What would I do Differently If I already felt supported?