Grounding Meditation

**Objective**

To reduce symptoms associated anxiety or stress using the Grounding Meditation relaxation technique.  
  
**What to Know**

This 20-minute audio will help you cope when you are feeling anxious or stressed.

[**Click here to listen to this audio**](https://www.betweensessions.com/wp-content/uploads/2022/08/Grounding-Meditation.mp3)**.**

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you feel anxious or stressed.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Time of Day** | **Minutes** | **Mood Before Relaxation** | **Mood After Relaxation** |
| Sunday |  |  |  |  |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |