



**VIOLENCE FREE**  
**MINNESOTA**

THE COALITION TO END RELATIONSHIP ABUSE

## Grounding Practice Script

Hi, my name is Anne Applebaum. I am the Housing and Economic Justice Policy Program Manager at Violence Free Minnesota. And I am here with you today to do a mindfulness practice.

So, I am not a mindfulness expert, but this is a practice that I use and find very calming and relaxing and I hope you do as well. It is actually a practice that my daughter recently taught me and it is something that we do together and it is a nice thing to share. You can do it by yourself or with others, it is a grounding practice that is very common it is often called the butterfly hug, but it goes by lot of different names. And the way you do it is just by wrapping your thumbs together, placing your hands on your chest with your fingers below your collarbone, or if it's more comfortable you can place your hands on your shoulders, your arms, your lap, whatever is comfortable. The point of this is to either have a practice to start your day, to get grounded and centered, or to help regulate or calm if you just need a break from your day, or are feeling overwhelmed or anxious. It is just something to get grounded in something tangible and be present in the movement and just relax.

So, once you are in a comfortable position you just take your hands and just slowly tap, alternating from one hand to the other. Some people do this to the tempo of music, others do a count in their head; whatever works best for you to just get that beat and that tempo going for you. At the end I like to do a couple deep breaths just to finish out the practice, and then to think of a positive emotion, feeling, or value. Something you can sit with just for a minute and then take with you for the rest of the day. So today I will focus on being grounded in gratitude; gratitude and appreciation for having the chance to be here with you today, even if it is virtual, and share this practice together.

So if you want to join me. Today we will just do a short count, maybe a slow count to 30 but feel free to go on for as long or as briefly as you like. Ok. Again, thank you and see you all soon.