

4 WAYS TO GROUND YOUR ENERGY WHEN FEELING ANXIOUS

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Everyone has been faced with anxiety at some point in their lives. There are people who deal with anxiety chronically on a daily basis and are clinically diagnosed with a disorder, while others battle it incrementally throughout more intense circumstances such as taking a test or making an important decision.

Talk therapy, natural supplements, medication, and exercise are beneficial solutions for curbing apprehension. No matter where you fall on the spectrum—from mild to severe—there are practical strategies you can utilize when experiencing anxiety.

1.

NAME OBJECTS IN YOUR LINE OF VISION

When you become conscious that your thoughts are spiraling out of control—overcome by worry or fear—one way to help change your state of mind is to begin naming objects that you see. A red lantern, a blue pillow, a pink rose. Keep going with this exercise as long as you need to, until you feel your energy begin to mellow. It sounds simple, but the strategy is impactful. What you're doing is changing which hemisphere of your brain is being used, moving from the emotional side to the logical side. You cannot function dominantly in both sides of your brain at the same time, so this technique is great for transitioning out of feelings (right brain) and back into the logical, present moment (left brain).

2.

USE THE 4 | 4 | 4 | 4 TECHNIQUE

This tactic is based on using your breath. If you've ever practiced meditation, then you know how helpful mindful breathing can be to calm your state of being. First—close your eyes, then breathe in slowly for four counts, hold your breath for four counts, exhale slowly for four counts, and repeat this process for a total of four times. Once you're done, you should physically feel much more relaxed.

3.

MANTRAS

Taking the time to recite a handful of mantras is valuable for grounding feelings of anxiety. Some examples are "Breathing is healing." "I am safe." "I am peaceful." "I am relaxed." "I am love." Write down your own affirmations that resonate with you the most, and then say them repeatedly when you're struggling with anxiety. **WRITE YOUR MANTRAS HERE:**

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4.

GRATITUDE CHECKLIST

We cannot be in a state of fear or anxiety and be in a state of peace or love at the exact same time. Pausing to quite literally "count your blessings" will transition your energy into a calmer vibration. The gratitude checklist can range from things that we tend to take for granted, e.g., the sun is shining, to more specific appreciation, such as the love of your family member. **I AM GRATEFUL FOR:**

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Next time you find your heart beating faster while your mind is racing, try practicing these strategies to ground your energy.

Mary Beth is an intuitive life coach living in Atlanta, Georgia, with a devout passion for spreading light.