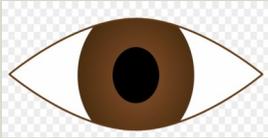


# 3 S's for Getting Grounded

## SIGHT



## SOUND



## SENSATION



Anytime you are feeling overwhelmed, try practicing the 3 S's. Take note of each sense with clear intention, slowly moving from 1 to the other.

**1-SIGHT** Look, 1 by 1, at 3 different things in your environment. Pause and feel yourself really studying them. What colour is the object? Shape? Texture? Name the object in your mind, and then look to the next. Do this for 3 objects. Feel your breath as you do this.

*Pause and feel yourself take a breath, relaxing on the outbreath*

**2-SOUND** Listen to 3 different sounds you can hear. Simply listen as a mental event—not thinking about what the sound is. Feel your breath as you do this. (I.e: birds, car going by, my breath)

*Pause and feel yourself take a breath, relaxing on the outbreath*

**3-SENSATION** Now deeply feel 3 different sensations in the body, 1 by 1. Perhaps feel the point of contact of your feet on the ground, perhaps the temperature of the air on your face, perhaps the fabric of your clothing next to your skin, your body seated on a chair. Do these 1 by 1, naming them silently and being fully present. Repeat if it helps you feel calmer.



SUE HUTTON  
MINDFULNESS