

Grounding through the senses: *Mindful foot rolling*

Some people find mindful foot rolling a helpful grounding practice that brings attention back to physical sensation and the present moment. Practising this as a regular habit when feeling relatively calm may make it easier to return to when feeling overwhelmed or disconnected.

With or without a small ball or foot roller.

1. Sit or stand comfortably, ensuring your feet can comfortably touch the floor or ball.
2. Roll and Observe: Begin rolling your foot really slowly from side to side, and then back and forth, noticing the movement as you go.
3. Focus on Sensation: Notice sensations across the outside, centre and inside of your foot. Going slowly as you do.
4. Optional: If it feels comfortable, notice your breathing alongside the movement.
5. Switch Feet: After a few minutes, switch and repeat the process with the other foot.

Why this can be helpful

- It brings attention back to the present moment
- It encourages awareness of physical sensation
- It can help interrupt spiralling thoughts
- It may support a greater sense of steadiness and calm
- As an alternative to meditation

If focusing inward feels uncomfortable, it's okay to stop and return to something that feels more supportive.