

UNIT 9

Stay Grounded

So many aspects of our world have been turned upside down. Attending college in the middle of a pandemic means adapting, on a daily basis, to a situation that is fluid and rapidly changing. How can you be at your best when it feels like the ground under you is constantly shifting?



TOOL 1

Finding Your Feet

One option for staying grounded is to bring your attention to this moment by literally finding your feet and feeling the support of the physical ground or earth beneath you.

This “Finding Your Feet” practice is one you can use any time or place when you need a little grounding.

Students often say they had mixed feelings before they gave this practice a try. After practicing it a few times, they realized how simple and powerful it can be.

In Students’ Words, This Tool Can Help You to:

- ✓ Take a pause
- ✓ Feel supported
- ✓ Get focused
- ✓ Relax and recharge
- ✓ Stay grounded



A few times this week, go to the **Look & Listen Section** of the Wellness Tools Page and launch the **Audio Guide For Finding Your Feet**. After completing the practice, use this page to draw/describe the sensation you noticed in your feet. Then complete the Reflections questions on the following page.





REFLECTION QUESTIONS



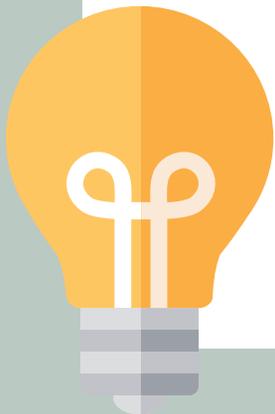
What changes did you notice in your experience when practicing 'Finding Your Feet'?



Might this practice support you this semester? If so, how?



Are you interested in building this practice into your daily life? If so, when?



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