

10-5-2020

3 Minute Grounding Video

Heather Simmons

University of Georgia School of Law Library, heather.simmons@uga.edu

Rachel S. Evans

University of Georgia School of Law, rsevans@uga.edu

Recommended Citation

Simmons, Heather and Evans, Rachel S., "3 Minute Grounding Video" (2020). *COVID-19 Pandemic Archive*. 19.

<https://digitalcommons.law.uga.edu/covid/19>

This Article is brought to you for free and open access by the Archives at Digital Commons @ Georgia Law. It has been accepted for inclusion in COVID-19 Pandemic Archive by an authorized administrator of Digital Commons @ Georgia Law. [Please share how you have benefited from this access](#) For more information, please contact tstriep@uga.edu.

3 Minute Grounding Video

Transcript October 5, 2020

00:00

welcome to a short three-minute guided meditation for the law students of uga

00:06

school of law this meditation is provided by the law library

00:12

in this segment we are going to focus on grounding with a simple body scan

00:20

sit in a chair uncross your feet and put them flat on the floor

00:27

rest your hands palms down on your thighs

00:34

sit straight up without resting against the back of the chair

00:39

now close your eyes if that's comfortable for you or just focus on the ground about six feet

00:45

in front of you to soften your gaze whatever is most supportive for you this encourages

00:54

your attention inwards to be present with yourself rather than running on autopilot

01:02

remind yourself there is nowhere to go and there is nothing to do for the next few minutes

01:13

now take three deep breaths in through your nose

01:21

and out through your mouth

01:28

again

01:37

and the last time

01:48

when you have fully exhaled for a third time

01:51

allow your breath to return to its natural rhythm feel the weight of your feet on the ground

02:00

the weight of your thighs on the chair the weight of your hands on your thighs

02:09

anytime your thoughts wander notice the thought and then return to the breath

02:27

now starting at the top of your head scan slowly down to your feet

02:35

notice any physical sensations that you may feel in your head

02:43

your face your chest your arms your waist your legs and finally your feet

02:58

are there areas of comfort or discomfort areas of heat or cold

03:08

especially take notice of any areas where you feel tension bring your attention to that place

03:21

as you become more aware of it you can help to release it by relaxing your body

03:28

with another inhale

03:35

and exhale

03:40

each time as you exhale let go of the tension and when you are ready gently open your eyes