

Mindfulness Activity 4 Step Grounding Practice

This mindfulness practice is a tool to help us step out of ruminative thinking. Rumination occurs when we struggle to let go of a troubling thought, or return to the same problem in our minds over and over. These may be thoughts that keep you up at night, or hold you back from achieving your goals.

When to do this practice:

- 1-3 times per day, or as needed, even if you aren't in a moment of difficulty.
- When facing a problem or feeling an urge to react to something that is bothering you.

By taking a few minutes to pause and ground ourselves, we create space for other responses and options. We gain new perspectives on situations or thoughts that are troubling us. Doing this practice throughout the day, can develop new patterns of thinking and equip us to move forward in constructive ways.

Listen to the [4 Step Grounding Mindfulness Practice](#)

References:

Luk, D. (2020). [Mimentra](#).

Goldstein, E. (2014). [Mindfulness & Psychotherapy](#).

Williams, M. & Penman, D. (2011). Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World.