

# humantold

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## **Mindfulness: Quick BE-THIS Grounding**

Sometimes you don't have five or six minutes to reverse emotional overload! Fortunately, you can scan through all of the BE-THIS Sense Grounding skills in just a minute or less.

Start by rating your level of hyperarousal on a scale 1-7 both before and after this activity.

Set the intention to do Speed Scan BE-THIS. State each letter and the word that it represents. Then, follow it with a brief experience as follows:

**B-Breath:** take one or two deep and satisfying diaphragmatic breaths.

**E-Emotion:** Quickly scan your body from head to toe, sensing for an emotion or feeling in the body. Name that feeling.

**T-Touch:** Slowly touch one thing nearby or press your feet into the ground.

**H-Hear:** Notice a single sound that is happening at this very second—even if it is the sound of your breath.

**I-Intentional Stretching:** State a simple intention to do a single stretch, and follow it up right now.

**S-Sight and Smell:** Notice one object in front of you, and take one long inhale to see what scent you can detect in the environment.

Altman, D. (2014). *The mindfulness toolbox: 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress and pain*. PESI Publishing and Media, Incorporated.