

SELF CARE FOR THE NOW

Feel free to use this technique
whenever you need a quick bit
of go-to self care!

Grounding Through The Rainbow Method

This grounding technique is a great tool if you are feeling anxious or overwhelmed and need to hone your focus and thoughts in on the present moment. This exercise is about observing your surroundings and finding one thing of each colour that you are drawn to. You can then become curious about the object by noticing the shades of colour within it, imagining the texture of the object and connecting to how the object makes you feel or what you can associate with it.

There are lots of variations to this exercise, for example, you might challenge yourself to find five blue things in a room or five wooden things and for each consider its unique shades, textures and function.

