

Mindfulness Exercise

Feel Your Feet throughout the Day

A grounding practice that helps engage the parasympathetic nervous system, responsible for calming the mind & body.



Where Are the Feet?

During your day, bring your awareness to the feet.

Feel how they are resting.

Scan the foot from the heel to the arch, ball, toe, and top of each foot.

Take a few deep breaths as you continue to pay attention to the feet.

Allow the body and mind to settle a bit. With each exhalation, allow the feet to relax.

Continuing with your day, be ready for the reminder to pop up again.

Each time, return to this brief practice of relaxing into the grounding sensations within the feet.