



## Ground Yourself

Connect with the Earth

**Goal:** Find somewhere outside that you feel comfortable. Rest there until you feel calm and connected to the Earth.

**Tip:** Try laying down with your bare hands and feet on the ground, for a stronger connection.

**Why is this important?** Contact with the Earth's surface is called "Earthing" in many Indigenous cultures. This process transfers energy from the ground into the body through conductive systems, for improved physical and mental wellbeing.

**References:** Chevalier Gaétan, Sinatra, S. T., Oschman, J. L., Sokal, K., & Sokal, P. (2012). Earthing: health implications of reconnecting the human body to the earth's surface electrons. *Journal of Environmental and Public Health*, (2012). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>

**Caregiver Handbook:** What Is Mindfulness