

# Nature as Healer: Earth Grounding

Name \_\_\_\_\_ Date \_\_\_\_\_

## Understanding Earth Grounding

Earth grounding, also known as “earthing,” involves direct physical contact with the earth. This is accomplished by walking barefoot on grass, soil, or sand. This simple act can create a sense of stability, calm, and connection. The earth provides a steady, supportive presence beneath us, reminding us that we are held and supported. Through mindful grounding, we can reduce stress, reconnect with our bodies, and restore emotional balance. This practice encourages us to slow down and return to a centered, embodied state.

## Reflection Questions

When do you feel most grounded, stable, or connected in your body?

---

---

---

How does physical contact with the earth (grass, sand, soil) affect your mood or stress level?

---

---

---

What does it mean to you to feel “supported” by the earth or environment around you?

---

---

---

How do you typically respond when you feel ungrounded or overwhelmed?

---

---

---

How might grounding practices help you return to balance more quickly?

---

---

---

---

## Ecotherapy Exercise: Barefoot Grounding Practice

### Instructions

1. Find a safe outdoor space with grass, sand, or soil. Remove your shoes if comfortable and safe to do so.
2. Stand or walk slowly, noticing the sensations beneath your feet, paying attention to the texture, temperature, and firmness.
3. Bring your awareness to your body, especially your feet contacting the earth.
4. Take slow, steady breaths, imagining tension flowing out of your body and into the ground.
5. Spend 5–10 minutes fully present, allowing the earth to support and stabilize you.

### Prompted Reflection

What sensations did you notice in your feet and body during grounding?

---

---

---

How did your emotional or physical state shift during the practice?

---

---

---

Did you feel more stable, calm, or connected? In what way?

---

---

---

---

What thoughts or distractions arose, if any, and how did you respond to them?

---

---

---

---

How can this practice support you during moments of stress or overwhelm?

---

---

---

---

## Integration: Earthing

Practice brief grounding moments by standing barefoot outdoors or noticing physical contact with the ground. When feeling overwhelmed, slip off your shoes, stand on the ground, and focus attention on your feet and your connection to the earth to regain stability.

### Journaling Prompts

How might grounding (earthing) affect your sense of stability and calm today?

---

---

---

What environments help you feel most connected to the earth?

---

---

---

How can you incorporate grounding into your daily routine?

---

---

---

What signals tell you that you need to reconnect and ground yourself?

---

---

---

---

### Micro-Practice

1. Stand or sit and bring awareness to your feet touching the ground.
2. Take three slow breaths, imagining roots extending from your feet into the earth.
3. With each exhale, release tension and allow yourself to feel supported and steady.

### Optional Challenge

Weather permitting, spend 10–15 minutes daily practicing barefoot grounding in different natural environments. Keep a “Grounding Journal,” tracking how physical connection with the earth influences your mood, stress, and sense of stability.

Earth grounding reconnects us physically and emotionally to a steady, supportive presence. By engaging directly with the earth, we cultivate stability, calm, and embodied awareness. This practice supports Mindfulness-Based Ecotherapy’s goal of living in True Self with grounded presence, resilience, and connection to the natural world.