

A PRACTICAL GUIDE

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# GROUNDING DURING TIMES OF UNCERTAINTY

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KATELYNN DAVENPORT

# GROUNDING DURING TIMES OF UNCERTAINTY

2020 LITTLE VICTORIES YOGA

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*TAKE CARE  
OF YOURSELF  
SO THAT YOU  
CAN BETTER  
SHOW UP  
FOR AND  
SUPPORT  
SOMEONE  
ELSE.*

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01

*intro*

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# How do we regain a sense of control?



Anxiety is part of the human experience, however, it might affect you differently than it affects someone you know. Anxiety disorders affect 40 million adults in the United States, roughly 18.1% of the population, every single year, according to the Anxiety and Depression Association of America. I believe in the importance of feeling your feelings, sitting with how you're feeling, and moving through those feelings in order to grow. With that being said, I also know that sometimes it can just be too much.

Once we start to feel overwhelmed, it can be hard to regain a sense of control. We've all been there — one thought leads to another and before we know it, we've fallen down a deep, twisted spiral. How do we get back out? How do we regain control?

I am going to provide you with practical and accessible tools to help enable you to regain a sense of personal control. I am not a physician, but these are tools I have found work for me, as well as for my clients. I hope they are able to help you as well.

02

*the*

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*first*

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*tool*

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# *Acknowledge that you are doing your best.*

Your best looks different from my best, from your best friend's best, or from that stranger on the internet's best. When you acknowledge that you are doing your best and that your best looks as unique and individual as you are, you can begin to regain control when your thoughts begin to spiral out of control. Your best will look different every day and sometimes, moment to moment.

Acknowledging and continuing to revisit the acknowledgement that you are doing your best can help you move away from focusing on the past or projecting into the future. Reconnect to the present moment.





03

*the*

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*second*

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*tool*

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# *Physically connect to wherever you are.*



Notice the parts of your body that are touching the ground / chair / bed. Notice the textures of what you can feel. What can you smell? What can you hear in the distance and what can you hear closeby?

The mind can be a place of turbulence, but it is not a physical space. Redirect your thoughts to pull you back to your place in this world physically, and move away from the chaos or heaviness of your mental space — your thoughts.

04

*the*

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*third*

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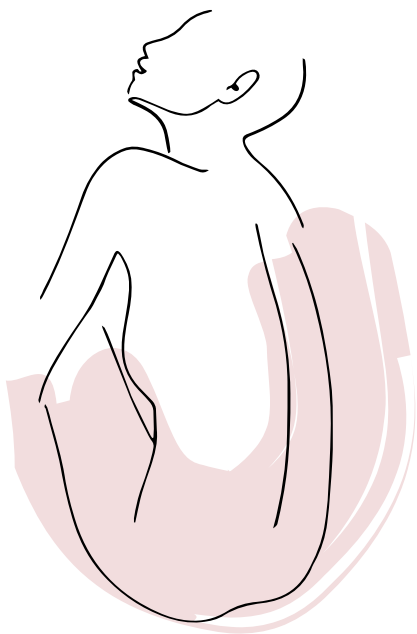
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# *Connect to your breath.*

We all breathe, everyday, all day. Most of the time, we don't even notice that we're breathing. It happens autonomically. When we make the effort to breathe mindfully, we are better able to root ourselves in the present moment and remove ourselves from being stuck in our heads.

There are many different ways in which this can be done, but here are a few that I have found really work for me.



# Connect to your breath (continued)



As you breathe in and out, name what you are doing silently or out loud to yourself. Repeat to yourself Inhale as you breathe in, and Exhale as you breathe out. Inhale, exhale, repeat.

Count your breaths. You can count as high as you would like, but I usually just stick to counting up to ten and then beginning at one again. As you inhale, internally say to yourself One. As you exhale, Two. Inhale, Three, Exhale, Four, and so on. When you notice your mind wandering back to whatever thought spiral it had taken a joyride in moments ago, restart your count back at one. It's important to note that some days might be easier to count to up to ten or however high you decide to count, while other days you might be stuck at one or two. Please do not let this deter you. If it does, refer back to the idea that you are trying your best and your best may look different day to day or moment to moment. Try your best to let go of any negative self-talk or frustration.

## 05 closing

*You are here  
and that is  
enough. You  
are here and  
that is enough.  
You are here  
and that is  
enough. You  
are here and  
that is enough.*