



7 SIMPLE  
TECHNIQUES  
THAT  
TRANSFORM  
STRESS INTO  
CALM, PEACE,  
AND JOY

NEW VISION HEALING  
JEAN BUCKBOROUGH

# 7 Simple Techniques to Transform Your Life Into Calm, Peace, & Joy

Grounding techniques that will quickly change the state of your mind, giving you the power to intentionally create and respond to your life rather than simply reacting.

*~begin your healing journey~*

## Chapter 1 Introduction

Grounding is an ancient practice and a simple coping strategy bringing you emotional relief and assisting you in detaching from emotional pain of anger, anxiety, overwhelm, unwanted memories or panic attacks. These techniques are designed to guide you into your physical body. They bring you back into balance, so you are centered, calm and peaceful.

*Grounding gives you an opportunity to gain control over your emotions and feelings, so they dissipate and do not overwhelm you.*

When you are grounded you are in a state of calm, present in the moment, with organized thoughts. You are your own energy source drawing on a strong foundational relationship with yourself. Grounding allows your body to access your talents, your power, and to nourish your visions and goals to create your best life.

When you are ungrounded you can feel frantic, stressed, in chaos, easily distracted, powerless, spacey, and unconnected to your body and life. When ungrounded you can become easily influenced by other people and your environment, and often make poor decisions.

***It is time to reclaim your energy!!***

Included below, you will find 7 grounding techniques in 3 distinct categories which include Physical techniques, Mental techniques, and Soothing techniques. I encourage you to try the different techniques when you are in a calm state and determine which work best for you. Use the techniques that you align with - *that feel good to you*.

***These techniques are beneficial to use in a crisis, but they are most effective when used daily as part of a self-care morning routine.***

When used daily they build calm into the nervous system.

# Chapter 2 Physical Techniques

These techniques use your 5 senses of touch, taste, smell, hearing, and sight. They are designed to take you out of your busy mind and back into your body - into the present moment.

## **1. Breathe deeply using your diaphragm**

There are many ways to breathe. Many of us get into bad breathing patterns which send us into flight or fight. Breathing into our upper chest area triggers a flight or fight response in our brain. Our diaphragm is at the bottom of our ribs. Focus on breathing into your diaphragm, where your ribs begin.

Breathing is interesting as it is something we automatically do without thinking; however, it can also become a controlled response. For calming the mind, bring your inhale into the diaphragm (where the lower ribs are) or into the upper belly.

Box breathing is a calming technique. With this process you will breathe in for 4 or 5 or 6 seconds, hold for 4, 5 or 6 seconds, breath out for 4, 5 or 6 seconds, and hold for 4, 5 or 6 seconds. Continue this pattern until you feel calm and grounded.

Another BREATHWORK technique is to slow down your breathing to a 6 second inhale, and a 6 second exhale. This slows your breathing rate to 5 breaths per minute – very calming.

Fun Fact: “inspiration” when you break down the idiom means to breathe in, to in-spire. Respiration has the same root, meaning a rate of breathing or to re-breathe. So, when you breathe in, focusing intentionally on your breath, you are naturally tapping into in-spiration.

## **2. Move your body**

Stretch, dance (put on your favorite high energy song), run, walk, shake, bounce in place, but be sure to move.

To shake, sit in a chair, or lie on your back on the floor with arms and feet in the air and shake as fast as you can. We are energetic beings at our core, and if energy gets pent up it will lead to anxiety, restlessness, depression and even exhaustion.

Movement releases stagnant or stuck energy, so we can reconnect with our body. Exercise also has the wonderful capacity to increase endorphins in our body, which helps relieve stress and pain, so you feel good.

### **3. Use nature**

We are nature. Get outside and interact with nature.

Breathe fresh air. Connect with the earth. Hug a tree. Touch a plant. Smell the flowers (being mindful of any bees). Soak up that positive healing energy Mother Earth provides for us!

When you sit, stand, or lay on the ground, your body absorbs the tranquil energy of the earth, and you become grounded.

## Chapter 3 Mental Techniques

These techniques focus on your mind, to redirect your thoughts away from distressing feelings and back into the present.

### **1. Put painful feelings and emotions behind you or blow them up!**

Picture yourself walking, swimming, biking, dancing, skating, kayaking, horseback riding, or running away from painful feelings or emotions. If you see them in front of you, turn around and move in the opposite direction.

Picture yourself gathering the painful emotions and feelings, balling them up and putting them in a balloon. Imagine releasing the balloon and watch or feel them disappear into the atmosphere.

Another option would be to put those painful feelings and emotions in a container and blow them up.

### **2. Describe in detail what is around you.**

View different objects both large and small in the space you are in and describe their color, composition, temperature etc. For example, "The walls are white. There are 4 brown chairs with white seats. There is a wooden bookshelf painted green, with 6 brown books, 4 red books, and 1 blue book. There is also a purple glass vase on the shelf with white and yellow daisies in it." Describe objects, sounds, textures, colors, smells, and numbers.

This allows you to center on the here and now, and naturally unwind yourself from spinning thoughts about the past or future.

# Chapter 4 Soothing techniques

These techniques use the physical sensations of the body, like touch, and our mind to bring us into a calm state.

## **1. Sooth yourself in a physical way**

This gentle touch technique uses skin receptors that transmit information to your brain and shifts the way our brain is interacting in this present moment.

Cross your arms and touch the opposite shoulder, gently rub up and down on your upper arms.

Gently rub your forehead or cheeks under your eyes with your fingers.

Rub your palms together, like you are washing your hands.

These self-soothing techniques are simple, yet powerful communicators of peace and calm to the brain. You can think about the things you might do to soothe a restless child and give yourself those same kinds of touch.

## **2. Practice kindness to yourself**

The way we talk to ourselves is SOOOOO important. Often our self-talk is demeaning, demoralizing and anxiety producing. Focus on repeating compassionate, encouraging, loving phrases to yourself.

- ❖ “I am strong, and I will move through this pain”.
- ❖ “I am having a rough time, but I will make it through and become stronger”.
- ❖ “I am doing my very best”.
- ❖ “Every time I move through this feeling of anxiety, I feel stronger and stronger.

Reframe any negative thoughts into positive ones.

It may sound obvious or too simple to work, but where your mind goes your energy flows. Focusing on happy thoughts creates physical, and chemical changes in your body and thus your energetic state of being shifts.

# Chapter 5 A Bonus Technique

## **1. The 5-4-3-2-1 technique (read as: cheat codes)**

Work backward from 5, use your senses to notice 5 things in your environment: their shape, their color, details about them. Observe these items closely and in detail.

Find 4 things you can touch. It can be your hair, face, the chair you're sitting on. Notice how each item feels. Is it hard or soft or grainy? Is it warm or cool to the touch?

Listen for 3 things you can hear. Are the sounds pleasant or unpleasant? Are they continuous or broken up?

Inhale and notice 2 things you can smell. If you cannot find any smells, use a spice or an essential oil, or think of smelling a lemon. Inhale the fragrance deeply and slowly, and try to notice its qualities (sweet, spicy, sharp, citrusy, etc.)

Focus on taste. What are you tasting in your mouth? Coffee, lemon, something you ate earlier. Take small bites or sips of food or beverage you enjoy and let yourself fully taste each bite. Pay attention to the flavors that linger on your tongue.

This quick series of actions can create a full body reset in just a few short moments.

The key is to get out of your head and the thoughts causing you stress, and return to your body, reminding your primal self that you are indeed safe, and you can care for yourself in this moment.

## Chapter 6 Summary

Grounding techniques bring us back into our body, where we find calm and peace. Our mind can take us out of our body into chaos or overwhelm. Remember to allow your mind to focus only on what you can control.

Use these techniques to stop your mind from wasting your precious time and energy by obsessing on things you cannot control. Grounding brings you into the present moment!

After reviewing the grounding strategies above pick 3 strategies you are committed to learning, practicing, and applying to your life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Commit to practicing them daily, or better yet, twice a day.

After a week of utilizing these grounding techniques, these questions will help you determine their usefulness.

What have you noticed?

Do you feel more in control?

Have your emotions changed?

Are you finding that your life is calmer and more peaceful?

### ***Yes, of course I want to feel better and have less pain in my life***

It is an absolute joy for me to put together this information for you about different ways to ground. Many of the clients I work with are “up in their heads” and grounding is a tool that helps them deal with life in a more centered way. The energy clearing work we do in their one-on-one sessions also assists them to live a less reactive, calmer life.

As you can probably imagine, your capacity to live your life, enjoy each day, and accomplish the things you desire, is so much easier and more fulfilling from this place of balance, centeredness, and peace.

One of the reasons we have overwhelm, anxiety and pain in our lives is because of trapped traumas and emotions, (including inherited emotions) that have not fully processed. These energies get stuck in our bodies and create distortions in our energy field, and subconscious. This affects our thoughts, ideas, creativity, and physical body. In our sessions, I work with the subconscious mind to identify and permanently clear these energies.

If you would like to explore how Energy Healing might be beneficial or helpful for you, I invite you to use this link and sign up for a free 30-minute breakthrough session with me. During this time, we will explore the challenges you are dealing with, and you will discover if energy healing might be beneficial for you.

Book your free [Exploratory Session](#) as my gift to you.