Sensory-Based Grounding 101

HOW TO USE YOUR SENSES TO FEEL GROUNDED DURING UNGROUNDING TIMES

Our senses are traditionally thought of as hearing, seeing, touching, tasting, tasting, and proprioception/movement.

They are powerful forces, yet we often don’t stop to think about our sense since so much about how they work seems automatic.

Our sense not only allow us to experience our environments, but they also play a large role in helping us feel grounded and regulated.

What does “feeling grounded” mean? This term seems simple yet how we achieve this state can be complex.

In a grounded state, you are focused in on the present moment, and your physical, emotional (feelings), mental (thoughts), and spiritual (however defined) selves are balanced and at equilibrium.

Our senses play a large role in helping us achieve feeling grounded.

Whether we are aware of it or not, we use our senses during the course of a day to help us feel grounded.

What can be even more impactful is bringing awareness to HOW we use them, so that we can draw upon our senses when we don’t feel grounded.

And when we feel grounded from a sensory based perspective, we can more easily engage in more complex tasks (such as work, studying, hobbies, learning a new skill, etc).
Before we dive into our senses, there’s one last factor to consider.

Feeling grounded is an ideal middle range that varies across individuals.

We can either feel too lethargic/low energy, and therefore need our senses to "pump us up" to a grounded state...

...or we can feel too excitable and distracted, and in this case, we need our senses to bring us back down to a grounded state.

To dive into understanding your sense, visit the link in my bio and complete the sensory preferences questionnaire, thinking about the following:

- How do I use my senses to "pump" myself up to feeling grounded?
- How do I use my senses to "calm" myself down to a grounded state?

Create these two lists and take a moment to notice if some senses are used/preferred more than others.

To gain more awareness about your daily sensory habits, it’s helpful to take notes about what you do during the day with your senses. Journal or write about this during three parts of the day:

- Morning
- Afternoon
- Evening

Notice how grounded you initially feel during these times of the day, and what you do with your senses that helps you feel grounded again.

As you take a closer look at the adult sensory checklist and your own notes, you should start to see your sensory preferences emerge.

This is your sensory toolkit!

You should have more awareness about what helps you feel grounded, whether you need more energy or less to get you to that middle, balanced state.

You can now draw on these sensory strategies to support your grounding during the day.
You may also want to try out other sensory strategies and reflect on the impact they have on you.

Since we are all wired differently, what grounds you may not work for others, so it's important not to compare your preferences to anyone apart from yourself.

I hope that you find this approach to be useful!

Feel free to comment below or direct message me if you have any questions!

- Sameera Qureshi, MS