

# MEDITATION AND GROUNDING EXERCISES

Do you think you “aren’t good at meditation,” or “can’t clear your mind?” Society tells us that meditation is the absence of thought. But, you’ve had thoughts every moment of your life, so not having any is an impossible goal. Instead, **think of meditation as an exercise** in choosing where to put your focus. If you want six-pack abs, you have to exercise daily. So if you want to have an easier time switching focus, try to meditate often.

When you meditate, be kind as your mind wanders and just refocus on the task at hand. Guided meditations can help (online or on an app), but you can also try these simple grounding exercises:

## Count to 10

While it seems obvious, try counting to 10, deep breathing along the way. When you finish, start again.

## Body Scan

Start at the top of your head or the tip of your toes and focus on each body part, one by one, imagine you’re breathing into each body part, or imagine a warm light traveling through each body part.

## 5 Senses

Name what you can currently feel, smell, see, taste, and hear.

## Spot on the Wall

Find a spot on the wall, describe everything you can about that spot: whether it is in light or shadow, its color, and whether it is curved, straight, bumpy, smooth, or angled.

## Pick a Color

Choose a color you can see and count how many times you see it.

Sharsheret is here for you in  
The Waiting Room

