

GROUNDING PRACTICES

for reducing anxiety



CREATED BY ASH BELL



HELLO

beautiful human

Thank you so much for joining me on my journey and trusting me to share my top tips for reducing stress and anxiety.

You are the absolute best!

Grounding is a practice that helps us to connect with our bodies, to settle our racing thoughts and calm any distress.

When you're able to find a way to connect with your body, a feeling of calm and peace can be felt, which supports the soothing of anxiety and settles us into a grounded state of being.



I'M ASH

I'm really passionate about the work I do, bringing together Energy Healing, Sound and Vibration and a background in Social Work, to support people to heal, find their light, lift the soul and stay grounded.

This life has guided me on a path of healing and learning, to step into my light, in order support and work with others to do the same. At the age of 11, I was diagnosed with Leukaemia, in addition to fracturing my spine in 12 places. As a way of coping with the physical and emotional trauma, I learnt to shut down and to numb all feelings. Despite being in remission, the effects of suppressing the trauma were felt long afterwards, resulting in many years living with anxiety, depression and hating my body for "letting me down" and not being "normal".

Life isn't linear and either is healing. We can experience stress, anxiety and discomfort in different times of our lives - we all have wounds and triggers. What's important is to seek support, to be seen and heard, and know that moving past the suffering is possible. I'm bringing together spiritual practices with mainstream credentials, because healing involves honouring, acknowledging and supporting all parts of ourselves; the mind, body and the spirit.



raise your vibration
raise your vibration
raise your vibration

@ASHBELLOFFICIAL



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3 BELLY BREATHS

Place one hand over your heart and one hand over your belly and take 3 deep breaths. Feel your belly rise and fall as you breathe. The more you can do this practice, even when you're feeling good, the easier it is to connect with your breath when you are feeling anxious.

2

FIND YOUR HYPE SONG AND SHAKE IT OUT.

Have you got a song that makes you feel good?

Sometimes movement, a little dance and a change in focus can help shift your energy. I've created a playlist for sensitive souls if you need ideas on finding some feel good songs to shake it out and shift your vibration [click here](#).

3

SINGING BOWLS

Whilst we are on the topic of sound, sound and vibration by listening to or playing a singing bowls releases a frequency that supports the mind to find calm, clarity and helps the nervous system to relax. Many people report feeling lighter, much more themselves, grounded and more relaxed after receiving sound healing. To book a sound healing [click here](#) or get in touch if you'd like to purchase a singing bowl for your personal practice.



4

KIND SELF TALK

Be a good friend to yourself with kind self talk. Stop spiraling with negative self talk and try these phrases, “you’re having a hard time, you’ll make it through”. “You’re doing your best”, “you’re strong and you can move through this pain”, “feel it to heal it, keep breathing”. Your self talk has a big impact on your state of being, you deserve to be your own best friend.

5

LEAN ON A FRIEND

Find a safe person to talk to and let them know if you need them to listen, or to help find a solution with you. When you know what you need (to be heard or problem solving help), it avoids frustration towards the other person for not understanding your needs. Therefore finding a safe person to confide in and being clear on what support you need in the moment, helps others to support you in the best possible way.

6

WATER

Hydration is queen but on top of giving your body the water it needs, finding bodies of water to relax with are vital for the mind. Showers and baths are super cleansing and soothing, and watching the ocean waves focuses and calms the mind.



7

GET OUTSIDE

Spend time in nature and ask mother earth to hold you. You don't need to plant yourself into the earth, close your eyes and allow the earth to hold and support you.

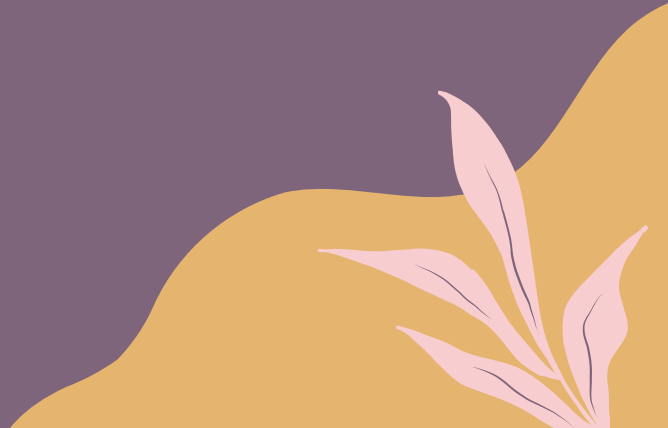




8

CHECK IN WITH YOURSELF

Check your basic needs, are you running on empty? Do you need sleep? Have you eaten? Do you need to hydrate? Rest and food can be surprisingly helpful to help you feel more grounded and replenished. Warm, hearty meals are great for supporting an anxious body to feel comforted and nourished.



9

GET CREATIVE

Do something that involves using your hands. Find an activity to help bring in movement and a different focus by using your hands, helps your mind to slow down. There are many examples of activities that support this including; holding and playing with a pet, cooking, getting crafty (colour, draw, knit), playing an instrument, singing bowls (you know they are my fave!).

10

GET PHYSICAL

Moving your body, whether yoga, running, walking, swimming is super grounding. Moving and grooving gets that anxious energy flowing and helps shift you into a different energetic state



Do you need more insight?

Join me for a session



Would you like to learn more about yourself? Feel more centred, grounded and connected to yourself? Learn about nurturing your own unique magic and becoming your own best friend?

I'm here to help! Combining energy healing, sound healing, reiki, coaching and emotional support, I'm here to craft a unique and bespoke experience to help you find your magic.

[Book your appointment!](#)