

## Rest.Stop.Ranch Guide Services

guidance for sustainable living and well-being

### Rest.Stop.Ranch Morning Report: The background & benefits of a grounding practice

#### Facts:

- The experience of extended caregiving is challenging and stressful to many.
- During and after the experience, a sense of balance is often reported missing.
- A regular body/mind/spirit practice that facilitates a sense of being grounded, safe and stable helps to decrease stress hormones, decrease feelings of depression and anxiety, lower hypertension and heart disease risk.

#### Background

The Rest.Stop.Ranch Morning Report is a name for a grounding practice that was and is used to reconnect to a personal sense of grounding and stability after an extended caregiving experience (It could be used effectively *during* an extended caregiving experience). The grounding practice is simply a practice of observing the natural environment and finding gratitude in the constants and surprises therein.

#### Benefits

##### During times of active transition

Having an intentional practice that focuses on grounding yourself and/or reconnecting within to your grounded self can be a significant source of comfort and reassurance while experiencing transition times that uproot us socially, emotionally, mentally, physically and/or spiritually. A grounding practice engages the parasympathetic nervous system which acts to soothe and relax the body even during times that would be considered most difficult.

##### During times of recovery & renewal

As we begin new chapters in our life stories we often experience a sense of "getting our bearings" - without the presence of a significant other or a beloved family member, in changed relationships, in a new town, a new home, a new workplace. Beginning a grounding practice at these times can positively assist the adjustments happening at all levels of being (social, emotional, mental, physical and spiritual) as new norms are created and lived into.

#### Begin Your Own Grounding Practice

1. Find a local environment that provides a stable and pleasant background for your practice (i.e. a yard, garden, park, deck, balcony).
2. Sitting comfortably or walking slowly, deepen your breath and begin to notice the natural constants in the environment.
3. Take as much time as you have allotted for the practice and continue to pay attention to the environment that is holding and supporting you.
4. Find delight and appreciation in the constants as well as the surprises. End the practice with a brief prayer of gratitude or keep a journal of your observations.

About Rest.Stop.Ranch Guide Services:

The wellness techniques I share are tested by my personal experiences of "what worked" while I was an unpaid primary caregiver. I lived with chronic stress for 24 months of active caregiving. The stress continued after the death of my loved one. I practice "being well" to keep in relative good health. I hold a MA degree in Pastoral Ministry and am a certified Kripalu Yoga Teacher. Be well ~ Mary