Soles of the Feet: A Mindfulness Exercise

Try to focus on the present when you feel overwhelmed or upset. A quick way to do this is to breathe deep and notice how your feet feel on the ground. This can help bring you into the current moment and feel more settled.

1. When you start to feel overwhelmed, bring your attention to where your body is touching a surface, like the floor or a chair.

2. Now focus your attention only on what your feet feel like on the floor. Can you feel your socks? Can you feel how heavy each foot is? What do your shoes, sandals, or bare feet feel like?

3. When your mind wanders, gently bring your attention back to the sensations of your feet on the ground. Do this as many times as needed until you feel less overwhelmed.