



Social & Emotional Wellbeing Exercise

MIND IN THE FEET

When sitting – place your feet flat on the floor and imagine putting all your attention into your feet and feeling what they feel like.

If you are walking, walk slowly and feel your foot as it lifts up and comes down onto the floor or the earth.

Try to feel every sensation the feet are feeling.

Try to put as much concentration into your feet as you can.

USES: if you are anxious and your thoughts are racing on out of control.

The mind in the feet exercise will stop the light headedness and helps train your thoughts to slow down and your nervous system to relax.