GROUNDING

Meaning: Grounding refers to techniques or methods used to establish a sense of stability and connection to the present moment, often to alleviate anxiety or to relate theoretical concepts to practical situations.

1. Grounding techniques can help individuals manage anxiety in stressful situations.
2. The teacher emphasized the importance of grounding concepts in real-world applications.
3. Grounding yourself in nature can provide a sense of peace and rejuvenation.
4. In physics, grounding refers to the process of connecting an electrical circuit to the earth.
5. The therapist recommended grounding exercises to help clients reconnect with their bodies.

Source: sentences.whatistheurl.com

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