

Yoga for Grounding

The Tree Exercise

This exercise is a mindfulness exercise to help you to identify with your roots, who makes you feel grounded and your safe people in your life. Through this exercise, you will discover the people who you should keep close to you as they add enormous value to your mental well-being, nurturing and development.

What is required

You don't need too much. . .

1. Your journal, a piece of paper or an iPad.
2. Colourful pens or crayons.

And of course, an open mind. 😊

What to do

Here are the steps for creating your tree. . .

1. Start by drawing the roots to your tree. Each root symbolizes each person who has nurtured you during your upbringing, for example a parent, grandparent, aunt, uncle and caregiver (they don't have to be a family member). Take time to identify these people and name each person separately on their own root. These people have been your foundation.
2. Draw a good solid trunk of your tree.
3. Draw branches from the trunk. Each branch symbolizes all the groups/tribes that you belong to. For example: Your family, school (name it), sports teams, in and out of school (give each team a separate branch), yoga class, music groups, friendship groups (in and out of school), art groups, cultural groups religious groups etc. Any groups.
4. Draw leaves on to your branches, each leaf represents the safe people that belong in each group. Some people may appear more than once in different groups, that's perfect, give them a leaf on each respective branch. Take your time here.

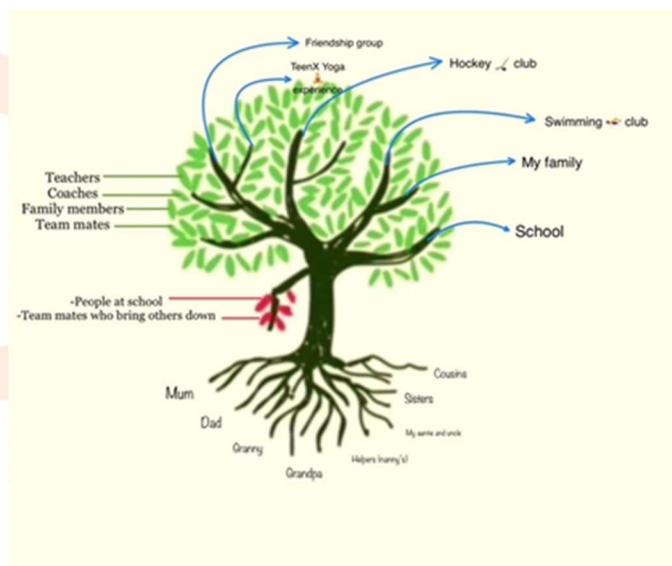
5. Now draw a broken branch.
6. On the broken branch, list the unsafe people in your life. This tree is for your eyes only. For example: The bully, the people who let you down, the unreliable, inconsistent people, the ones that use you, the ones that feed your anxiety, the ones that restrict your tree from blossoming.

Reflection

There will be some people who you may want to put on the broken branch and the unbroken branch. That's okay, give them a different colour. Even our safe people can let us down occasionally.

The key here, is that you are aware of who makes you feel safe and grounded and you are aware of who feeds insecurities, fears and anxieties. When you have this awareness, you have choice, when you have choice, you can make changes and as a result take control of your environment.

Here is an example of a tree.



Please add more detail to yours by naming the people. Enjoy and grow your tree.