



# GROUNDING PRACTICE: THE 3, 3, 3 RESET

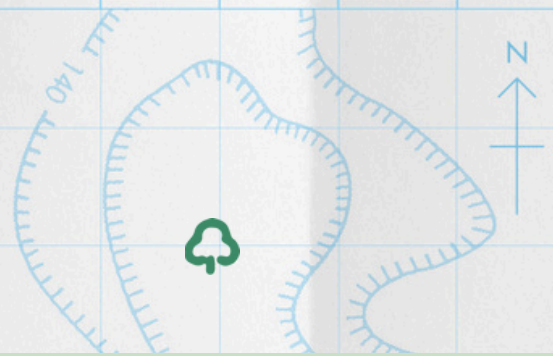
## Welcome to the Guide

A tool to help you pause to respond, not react, in the open presence of nature.



View from Ashridge House towards the Sequoias

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When the pace quickens or challenges rise, our instinct is often to speed up, shut down, or retreat into the busyness of doing. But outside in the space where there are no walls or ceilings, there's a chance to pause, reset, and come back to yourself.

This is a simple sensory practice you can take with you, wherever the path leads. It interrupts anxiety, settles overwhelm, and helps you meet the moment from a place of presence and choice.

## TRY IT NOW, IN THE OPEN AIR

Find a spot outside - a woodland path, a quiet bench, the edge of a field, or simply beneath the sky. Stand or sit. Let your body soften and your senses take over.

### 1. Notice 3 things you can see

Look around slowly. Let your eyes land on three natural details: a leaf, a patch of light, and the line of the horizon. Let yourself see them, not just glance. Take in the shapes, colours, and textures. There is no ceiling above, no artificial light, just sky, shadow, and movement.



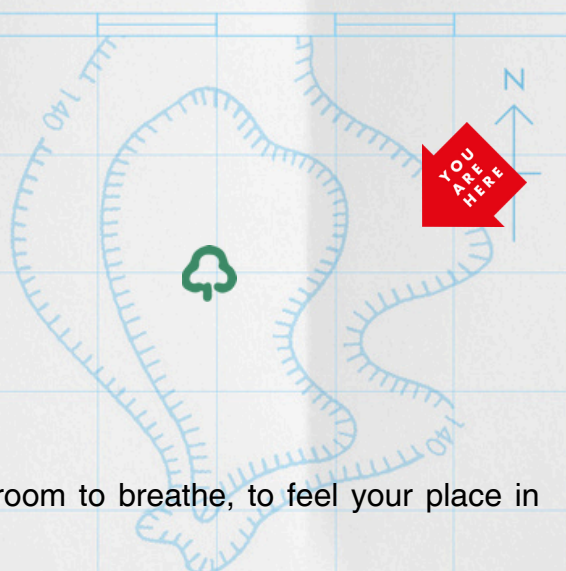
### 2. Notice 3 things you can hear

Now close your eyes if it feels comfortable. Tune in to three sounds around you, maybe birdsong, wind in the branches, distant footsteps or your own breath. Let each sound come to you without needing to label or judge it.

### 3. Notice 3 parts of your body

Turn your attention inward. Gently bring awareness to three areas of your body: perhaps your feet on the earth, your hands resting open, and your shoulders softening. Ask, "How does this part feel right now?" Let nature hold you, grounded and alive, without rush.





## WHY IT WORKS, ESPECIALLY OUTDOORS

In nature, you're not hemmed in. There's more room to breathe, to feel your place in something wider.

This practice helps you:

- Step out of the noise of the mind and into the steadiness of the senses
- Regulate your nervous system when anxiety or urgency tries to take over
- Strengthen the muscle of self-trust and responsiveness, even under pressure

When it feels like too much, step outside. Use the 3-3-3 Reset to settle, to see clearly, and to walk forward with presence.

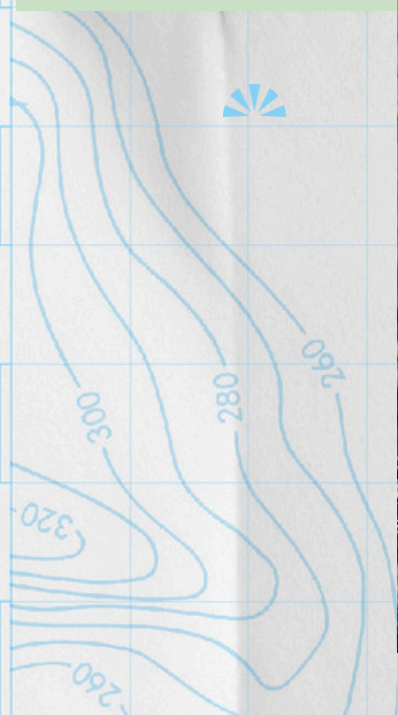
here are no walls here, only space. Only sky.

## And For when you need to pause and find your footing indoors or out.

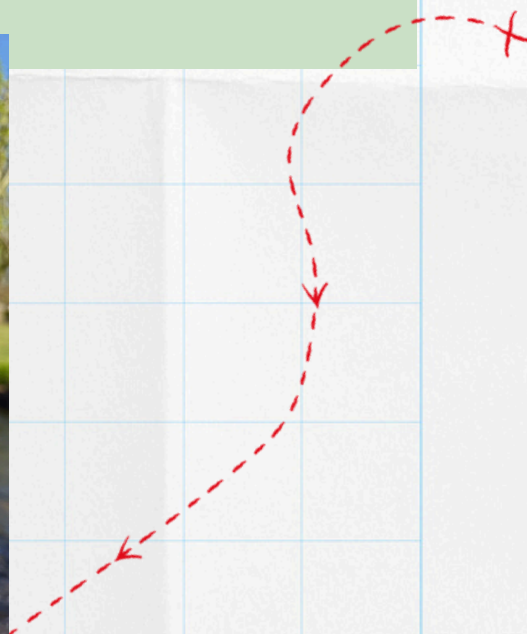
When the world feels tight or tense, stepping outside helps us reconnect with perspective. But sometimes, we can't.

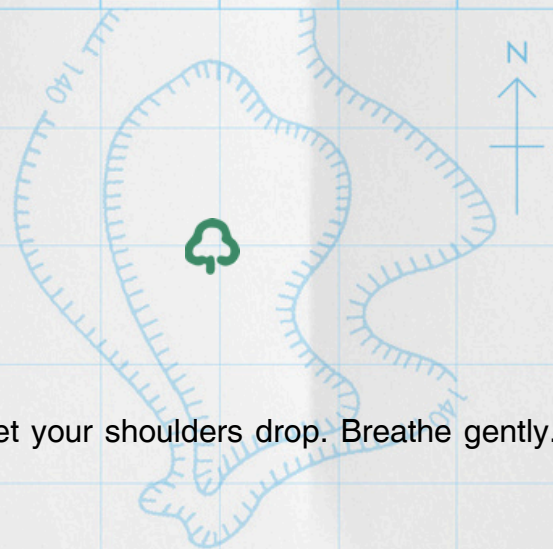
The good news? Nature lives in your senses. You can still ground yourself, even without sky overhead or earth beneath your feet.

This simple practice helps interrupt overwhelm and return you to presence, no matter where you are.



Gorse beside the  
Owenriff River, Galway, Ireland





## TRY IT NOW, WHEREVER YOU ARE

Take a moment. Put both feet flat on the floor. Let your shoulders drop. Breathe gently. You don't need to do, just notice.

### 1. Notice 3 things you can see

Let your gaze soften and take in three details around you. They might be simple, the grain in a table, light through a window, a shadow on the floor. Imagine you're seeing them for the first time. Let them anchor you in now.

### 2. Notice 3 things you can hear

Close your eyes if you wish. Listen. Perhaps it's the hum of a fridge, your own breath, distant footsteps, or birdsong filtering in. Let the sounds remind you: life is happening around you, even in stillness.

### 3. Notice 3 parts of your body

Scan gently, without judgment. Feel your feet grounded, your breath rising and falling, your hands resting. Ask: Where can I soften? What do I need in this moment? Even indoors, your body knows how to return to calm.

## WHY IT MATTERS

This is about inner space, not outer scenery. You're creating a pause — a moment to reset, to re-centre, to trust your ability to respond with presence instead of reacting from pressure.

"If you can't go outside, go inward."

Stillness lives there too.

Let your breath be your anchor. Let the pause be enough.

**Then, when you can, step back out into the wild. The world will still be waiting.**

