

March 2025



Tired of feeling exhausted all the time? Energize yourself with grounding.

To “energize yourself with grounding” means to reconnect with the earth by practices like walking barefoot on grass, sitting on the beach, or using an indoor grounding mat, which can help reduce stress, improve focus, and improve sense of calm. It’s about using the earth’s natural energy to revitalize yourself.

How often are you drinking that extra cup of afternoon coffee or energy drink to maintain your energy levels? End the caffeine cycle by starting your mornings grounded, and then continuing to ground during the day. This grounding practice will help to maintain your energy levels and reduce fatigue.



Increase your energy by powering up your day with grounding!

The grounding mat is the perfect mobile product to keep you connected to the earth’s energy. Place it under your feet or hands while working, stand on it while you cook dinner, and relax on it in the evenings to keep your energy levels steady.

The grounding mat is the best tool for grounding during your busy moments and quiet moments, helping to reset and recharge your body. You can literally plug into the earth’s natural power while you work, relax, and sleep.

I greet each
day with
gratitude,
hope, and
positivity.

A mindful note to our readers...

To cultivate a positive mindset and reap its health benefits, you can practice gratitude, focus on the good things in your life, engage in positive people, and actively challenge negative thoughts. All of this can lead to improved mental health, reduced stress, better coping mechanisms, and potentially even improved physical health outcomes like better heart health and a stronger immune system.

**Until next month...Be well!
-Down to Earth Grounding**

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