



## Grounding Techniques

*These techniques help you reconnect to the present and feel calmer and safer in the here and now. Most of the techniques presented below involve focusing on some aspect of your 5 senses: touch, taste, sight, sound, and smell. Senses are in the present. By heightening your awareness of your surroundings and your body, you can also heighten your awareness of the moment you are currently living within.*

1. Press your feet firmly to the ground to remind yourself where you are.
2. Carry a polished stone or soft piece of cloth with you to touch.
3. Carry a soothing picture with you and look at it when you are feeling anxious.
4. Notice where you are, including the people, sites, and sounds. \*(Use THE 5-4-3-2-1 COPING TECHNIQUE)
5. Exercise, Stretch. Massage your muscles to relax them and reduce tension.
6. Concentrate on your breathing. Take a deep cleansing breath in through your nose and count. Exhale slowly through your mouth for twice as long. Continue for five minutes. \*(Use THE BREATH BOX).
7. Slowly and deliberately cross your legs and arms. Feel the sensations of you controlling your body.
8. Call a friend and talk to them about something you have recently done or want to do together.
9. Take a warm, relaxing bubble bath or shower and pay attention to the water touching your body.
10. Verbalize the following "It was just thought or memory." "It's over now." "I am safe now." Give yourself permission to not think about it right now.
11. Realize that no matter how small you feel, you are an adult. Envision yourself being safe, strong, and capable. Find your pulse on your wrist or neck and count the beats per minute.
12. Go outside and notice how air feels on your skin.
13. Go outside and walk barefoot on the natural ground for 20 minutes.
14. Pet or play with an animal.
15. Listen to a familiar, comforting music and sing along to it. Dance to it.
16. Write in your journal. Pay attention to yourself holding the pencil. Write about what you are remembering and visualize the memory traveling out of you into the pencil and onto the paper. Tear the paper up.
17. Color in a coloring book or doodle on a notepad. Focus on the feeling of your writing utensil moving across the paper.