

GROUNDING

Mental Grounding

Describe your environment in detail using all your senses. Describe objects, sounds, textures, colours, smells.

Describe all the steps in a familiar task e.g. making a favourite meal.

Think of different lists e.g. names for each letter of the alphabet, capital cities, etc.

Re-orient yourself to time and place by listing facts... e.g. name, location, date, age, and season.

Physical Grounding

Press your feet firmly on the ground – notice the tension and connection to something solid.

Wash your hands.

Stretch. Stretch your hands, arms, legs, feet. Roll your shoulders. Notice your body as you make these movements.

Focus on your breathing. Noticing each in breath and outbreath. Repeat a pleasant word to yourself on each inhale e.g. “safe”

Soothing Grounding

Say kind coping statements e.g. “you are doing your best”; “this will pass”.

Imagine your loved ones; look at photos of them if this is possible.

Repeat encouraging words from a song or quote.

Plan something kind and soothing e.g. making a hot drink, a favourite meal etc.