

GROUNDING TECHNIQUES



Grounding techniques serve as effective tools for managing overwhelming emotions and restoring a sense of calm. When experiencing intense feelings or feeling mentally or physically stuck, these straightforward strategies can be implemented within minutes and are suitable for practice at any time. They facilitate anchoring attention in the present moment, promoting emotional regulation and reestablishing equilibrium within both the body and mind.

Sensory Awareness grounding exercise are about filling your awareness with the sensory experience

- Keep your eyes open, look around the room, notice your surroundings, notice details.
 - Hold a pillow, stuffed animal or a ball.
- Place a cool cloth on your face, or hold something cool such as a can of soda.
 - Listen to soothing music
 - Put your feet firmly on the ground.
- FOCUS on someone's voice or a neutral conversation.
 - Name one good thing about yourself.

Cognitive Awareness grounding exercise Re-orient yourself in place and time by asking yourself some or all of these questions:

1. Where am I?
2. What is today?
3. What is the date?
4. What is the month?
5. What is the year?
6. How old am I?
7. What season is it?



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5, 4, 3, 2, 1

Look around the room and name five things you can see, then five things you can hear, then five things you can feel. Repeat the exercise by finding four new things, then three, two and one thing.

Notice your breath

Take a deep breath and as you exhale, imagine breathing out strongly through the soles of your feet. Feel the connection of your feet with the floor. Do this three times.

Three items

Look around the room and choose three items. Describe them to yourself in detail, including the colour, texture, shape, uses of the item and where you think it might have originated.

Naming categories

Choose a category (e.g. colours, shapes, textures), then look around the room and name all of the things you can see in that category.

Connect with the chair

Sit down and draw your attention to how your body connects with the chair – the way that it supports your weight, and the places where your body makes contact with it.

Special item

Keep a small item in your pocket (such as a stone) and hold the item. Bring your attention to the sensation of the item in your hand, including its weight and texture.

Cold water

Take a few slow sips of cold water, paying close attention to the sensation of the water in your mouth. Focus on how the coldness feels on your tongue and lips, noticing the temperature and texture. As you swallow, observe the feeling of the water moving down your throat and the cooling sensation spreading through your body. This simple act can help anchor your attention in the present moment, providing a calming effect and helping to reduce feelings of anxiety or overwhelm.