

RUMINATION SYNDROME GROUNDING TECHNIQUES

If you experience ongoing or severe symptoms, always speak to your GP. This guide does not replace medical advice



Simply Gut Health



We're really glad you're here.

At Simply Gut Health, we do things a little differently.

We know how frustrating gut symptoms can be — and how often they're misunderstood. Whether you're navigating flare-ups, waiting on answers, or just feeling overwhelmed, you're not alone.

This space was built to offer clear, calm, science-backed support — and to remind you that your experience is valid.

We're here when you need us.

— The Simply Gut Health Team



"Simply Gut Health gave me clear, practical advice for managing rumination. It's made a real difference in how I feel—both mentally and physically. Highly recommend!" - Alex Simply Gut Health Client

**SIMPLY GUT
HEALTH**

Grounding techniques



Grounding Techniques – Finding Your Calm in the Moment

When anxiety, overwhelm, or digestive discomfort flare up, it's easy to feel swept away by thoughts, sensations, or worries. Grounding techniques are simple, practical tools that help bring your focus back to the present moment.

They work by gently shifting your attention away from distressing feelings and towards something real, safe, and concrete in your current surroundings — such as the feel of your feet on the floor, the sound of your breath, or an object you can see and touch. This helps calm the body's "fight or flight" response, slow the release of stress hormones, and signal to your nervous system that it's safe to relax.

Grounding doesn't just help in the heat of the moment — with regular practice, it can train your brain and body to respond more calmly over time. The more familiar the techniques become, the easier it is to use them anywhere — at home, at work, or out and about — to steady yourself and regain a sense of control.

Grounding Techniques – Helping Your Gut and Mind Work Together

When stress or strong emotions take over, your body’s “fight or flight” response can also affect digestion – speeding things up, slowing them down, or making discomfort feel worse. Grounding techniques help calm the nervous system, reduce this stress response, and give your gut the signal that it’s safe to relax.

The more you practise, the easier it becomes to use them anywhere – at home, school, work, or out and about – before symptoms build up or when you notice them starting.



Rumination Syndrome Grounding

Square Breathing

How it works: Slow, steady breathing helps switch your body from “fight or flight” to “rest and digest,” calming the gut and mind at the same time.

How to do it:

Breathe in for 4 seconds

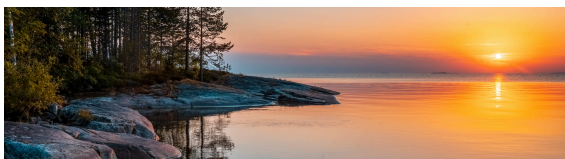
Hold for 4 seconds

Breathe out for 4 seconds

Hold for 4 seconds

Repeat 4–6 times.

When to use it: Before or during meals, before bed, when you feel anxious, or if symptoms are starting to flare.



5-4-3-2-1 Technique

How it works: This sensory exercise pulls your attention away from worry or discomfort and back into the present moment, which helps reduce overthinking and muscle tension.

How to do it:

5 things you can see (e.g., five things that are blue)

4 things you can hear

3 things you can touch

2 things you can smell

1 thing you could taste

When to use it: Any time you feel “stuck” in your head, overwhelmed, or tense — especially helpful before eating in busy or noisy places.

Cold Water Reset

How it works: The vagus nerve helps control digestion and the body’s relaxation response. Brief contact with cold water can stimulate this nerve, slowing the heart rate, calming the nervous system, and helping the gut return to “rest and digest” mode.

How to do it:

Splash cold water on your face for 10–20 seconds, or

Hold a cool damp cloth to your cheeks and under your eyes, or

Take a small sip of cold water and let it sit in your mouth for a moment before swallowing.

When to use it: If you feel sudden anxiety, nausea, or digestive discomfort starting, or after a stressful moment to help reset the body.

Guided Imagery and Relaxation Tools



Riding the Wave

Close your eyes if you want. Imagine sitting by a gentle beach.

Every breath in = a wave coming in.

Every breath out = a wave sliding away.

Imagine your tummy riding those waves — calm and safe.

When to use it: Before meals, during discomfort, or before sleep.



The Tummy Balloon

Put a hand on your belly.

Imagine a balloon inside that gently fills as you breathe in, and slowly empties as you breathe out.

Keep it slow and steady — the balloon “likes” calm breaths.

When to use it: Great for learning gentle diaphragmatic breathing, before or after eating, or when the tummy feels tight.

Progressive Muscle Relaxation

How it works: Tensing and relaxing muscles in sequence helps release physical tension that can affect digestion and posture.

How to do it:

Squeeze your hands into fists... then let go.

Tighten your arms like a superhero... and relax.

Curl your toes into a ball... and release.

Scrunch your face like a raisin... and relax into a marshmallow.

When to use it: At bedtime, after meals if your tummy feels “grumpy,” or during moments of stress.



IF THIS TOOLKIT
RESONATED, WE'D
LOVE TO HELP YOU
PUT IT INTO
PRACTICE

How Simply Gut Health Can Help

We offer:

- Email Support: Personalised, science-based answers to your flare pattern.
- Email Support for Hospital and GP Appointments, to make sure you have the tools and information to advocate for yourself
- 1:1 Appointments: Bespoke support plan that fits your life.
- Facebook Support Groups: Talk, vent, share, and feel understood.

Kind science. Real answers. Practical support.
Let's take this on together.

WWW.SIMPLYGUTHEALTH.CO.UK
INFO@SIMPLYGUTHEALTH.CO.UK

ALREADY BOUGHT THE
TOOLKIT? WE'LL DEDUCT THE
COST FROM YOUR BESPOKE
PACKAGE — BECAUSE THIS IS
PART OF YOUR CARE.

[CLICK HERE TO SEE ALL OUR SOCIAL
MEDIA PAGES AND SERVICES](#)