



# Practical Pillars<sup>THE THERAPY</sup>

## Grounding and Regulation Strategies

These strategies are designed to support emotional regulation during periods of stress, overwhelm, or heightened emotion. They can be practised regularly and adapted to suit individual needs.

- Slow breathing: Gently slow your breathing, focusing on a longer exhale.
- Sensory grounding: Notice five things you can see, four you can feel, three you can hear.
- Orientation: Name the date, time, and where you are to help your body feel safe.
- Movement: Gentle movement such as stretching or walking can support regulation.
- Self-talk: Remind yourself that the feeling will pass and support is available.

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### Practical Pillars Therapy

Practical Pillars provides social work support for children, young people, and families using a trauma-informed, relational approach.

[www.practicalpillars.com.au](http://www.practicalpillars.com.au)