



# TRAUMA TREE

Trauma Informed Services & Support

## Grounding

**Grounding** is a self-soothing skill that is known to reduce stress, anxiety and overwhelming feelings. Incorporating Grounding Exercises into your day can help keep you in the present, helps to recenter you and helps you to be more aware of reality.

There are many techniques and strategies used to practice Grounding. It is very unique to each individual person and can be done quickly (within 1-5 seconds) or in larger doses that can last minutes at a time. You can Ground once a day or multiple times a day. This technique is definitely best used regularly in order to benefit from maximum results. It takes practice and you will get better over time. Like all healthy coping strategies, remember to be gentle with yourself when first starting out. After getting the hang of it, Grounding will begin to feel like second nature and you'll notice yourself incorporating it throughout your day without even realizing it.

You can also create your own Grounding techniques, **the goal is to find ways that produce sensations that are difficult to ignore or distract you from what's going on in your mind.** By doing this, your brain has no choice but to instantly connect with the present moment.

## Grounding Exercises

- The Senses Technique
  - Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.
- Sing a song
- Rub lotion on your hands
- Have a sour candy
- Boxed Breathing (breathe in for 4 secs, hold for 4 secs, breathe out for 4 secs, hold for 4 secs)
- Move 3 parts of your body
- Go out for a walk
- Hold ice in your hand
- Stir tea
- Pick a colour and see how many items you can see in front of you that have that colour
- Play counting games (count how many hats you see on a plane, how many dogs on a bus)
- Barefoot Grounding (walking barefoot on grass outside)
- Put your wrists under cold water
- Notice something about your surroundings you may have missed before (a paint chip on the wall)
- Drink your favourite drink or warm tea and make observations about it (the temperature, the taste)
- Smell something scented