

Grounding Techniques

Feeling disconnected, and out of your body, or lost in a flashback? Pick one of the following techniques to help bring you back into your body and the present and to focus your mind. If possible try to carry some items with you that will help you practice these techniques or make a grounding box to keep somewhere handy.

- **Touch:** Hold something cold like a piece of ice or warm like a cup of tea, stroke something with an interesting texture and focus on the sensation under your fingers. Focus on how a small object like a pebble or coin feels in your hand. Play with a fiddle toy, a squishy or spiky ball, or playdough. Try a weighted blanket, some comforting clothing, stroking a pet, hugging someone you feel safe with, or taking a bath.
- **Taste:** Suck a strong mint, chew menthol gum, bite into a lemon, or have a hot or cold drink.
- **Smell:** Sniff something strong-smelling like peppermint or eucalyptus, or comforting like a favourite perfume, fresh laundry or an essential oil.
- **Listen:** Put on a favourite playlist, focus on the sounds you can hear around you, or listen to nature sounds on Youtube or a meditation app.
- **Look:** Look at a picture of loved ones, a beautiful view or make a collage/phone folder of images that feel soothing. Or use your mind's eye to visualise somewhere you feel safe and calm.
- **Get physical:** Clap your hands together, rub your arms or legs, stomp your feet on the ground, jump on the spot, or stretch out your muscles.
- **Describe:** Describe out loud what you can see around you, what you're wearing or what you've done so far today.
- **Make lists:** Name an animal for each letter of the alphabet, name everything you can see that's a certain colour, pick a category e.g. food or singers and name as many as you can.