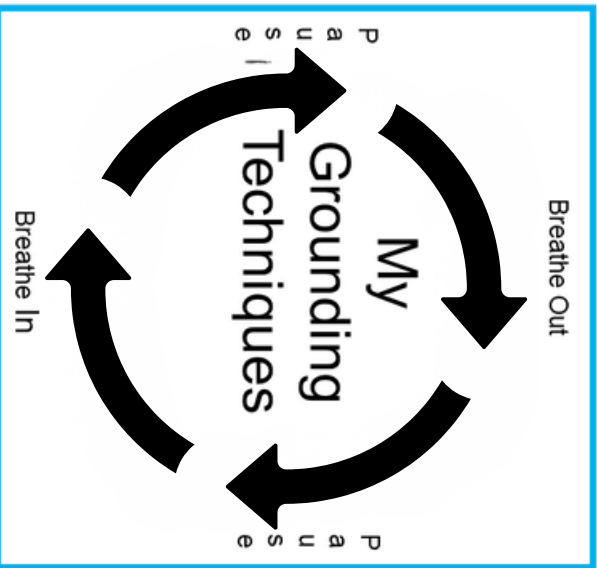


Grounding Techniques



Be A Tree

"I am firmly planted. I feel my feet rooted to the ground. My back is a strong trunk helping me feel stable in the moment. I feel my toes connecting with the ground. My arms are my branches. I feel them reach out into the world."

Senses 5,4,3,2,1

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

Give yourself a Power Hug

Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say something like "I am in control," or "I am safe in this moment." Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed!

What can you see

- 5 colours you can see
- 4 shapes you can see
- 3 soft things you can see
- 2 people you can see
- 1 thing you can read

Find something in the room that begins with each letter

(until you feel calmer)

A B C D E F
G H I J K
L M N O P
Q R S T U V
W X Y Z