



Grounding Techniques

Here are some suggestions of grounding techniques, but you can make up your own as well:

- If you have a drink (tea, coffee, water) take a sip. How does it feel? Warm? Cold? Try and hold it in your mouth for a brief period.
- Grab tightly onto your chair as hard as you can.
- Touch various objects around you: a pen, keys, your clothing, or the wall.
- Dig your heels into the floor-literally "grounding" them! Notice the tension centred in your heels as you do this. Remind yourself you are connected to the ground.
- Carry a grounding object in your pocket, which you can touch whenever you feel triggered. This can be anything such as a lighter, a wallet, your phone, coins, etc.
- Notice your body: the weight of your body in the chair; wiggle your toes in your socks; the feel of your chair against your back...
- Stretch. Roll your head around.
- Clench and release your fists.
- Walk slowly; notice each footstep, saying "left or "right" ... in detail to yourself.
- Focus on your breathing, notice each inhale and exhale. Continue for 10 slow, deep breaths.
- Eat something (grab something quick such as fruit or a biscuit), describing the flavours to yourself.
- Scan the room and notice five things you see in detail.
- Listen for five things that you can hear. The clock ticking, your own breathing, etc.
- Focus on five things you can feel in contact with your body (ie., your clothes, your back against the chair, your feet on the floor, your hair touching your neck, your watch on your wrist).
- Do the above 3 things simultaneously.
- Describe an everyday activity in great detail. For example, cooking a meal, getting ready in the morning
- Count to 10 or say the alphabet. Very s..... l..... o..... w..... j..... y..
- Describe your environment in detail, using all your senses – for example, "The walls are blue, there are five green chairs, there is a wooden bookshelf against the wall..." Describe objects, sounds, textures, colours, smells, shapes, numbers and temperature. You can do this anywhere,
- Jump up and down. Great one if you like physical activity or struggle to sit down

Self-Soothe in service

- Think of your favourites: favourite movie, colour, place, animal, person, season, music.
- Get yourself a drink of tea, coffee, water, juice. Drink your beverage slowly focusing on the sensations of taste, smell and temperature.
- Give yourself a regulating hug: place your right hand across your heart and put your palm against your body with your hand under your armpit. Take your left arm across the body towards the right and hold your own deltoid or upper arm close to your shoulder for a calming self-hug
- Grab a cushion to sit on or hug
- If your cold, sit next to a radiator. If you warm, go to the window and feel the breeze
- Play your favourite song and describe why you like it



What you can do at home:

- Take a warm shower or bubble bath.
- Light scented candles or oil.
- Play soothing music.
- Burn essential oils in a diffuser.
- Go out into the warm sun for 15-30 minutes
- Apply a cool washcloth to your face – add lavender essential oil for a calming boost.
- Practice deep breathing or try some of these yoga breathing exercises to shift your mood:
 - If you're feeling depressed, try the breath of joy to energize you.
 - Calming and compassionate 3-part breathing.
- Listen to calming and soothing music for 10 minutes.
- Play, pet (and walk) a pet for 10 minutes or more.
- Engage in rhythmic activities (knitting, crocheting, biking, swimming, dancing).
- Chew gum.
- Read an inspirational book, quote or verse.
- Think of the things you look forward to in the next week (person you will connect with, activity, etc).
- Picture people you care about and look at pictures of them.
- Say a coping statement – “I can handle this”, “The feeling will pass”.

You can also create a self-soothing kit/box/jar:

Think of everything that makes you feel better and put it together in one place so you can easily access it. This can be used as an intervention. Design a self-soothing kit in your session and review how well it works.