

# Grounding Techniques

A grounding technique is a type of coping strategy that we choose to do intentionally when we are experiencing stress, a trigger, or a flashback to help us reconnect to the present moment (current time and place) and/or our own body.

## **PHYSICAL:**

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### **Practice A**

1. Sit upright, and breathe in through your nose for 4 seconds. Count the 4 seconds slowly in your head. Pay attention to your body as your lungs fill with air.
2. Hold your breath in for another 4 seconds.
3. Breathe out through your mouth for 4 seconds. Pay attention to your body as it releases air from your lungs.
4. Hold your breath for another 4 seconds.
5. Use a square / rectangle in your environment to help guide your breathing.
6. Repeat as needed.

### **Practice B**

List the following, silently in your head or verbally:

**5** things you see; **4** things you hear; **3** things you feel against your skin; **2** things you smell; **1** thing you taste.

### **Practice C**

Throughout this practice, it is important to notice the difference between clenching and relaxing the body.

1. Inhale and extend your fingers by spreading them out as far as you can. Do this for 5 seconds, then exhale and relax them.
2. Relax for 10 to 20 seconds.
3. Clench your fist, then relax them.
4. Relax for 10 to 20 seconds.
5. Repeat as needed.

### **Practice D**

While breathing in through your nose, count to 4 slowly in your head, as you touch the tips of your fingers with the tip of your thumb. Repeat at least 4 times.

### **Practice E**

While breathing in through your nose, find a part of your clothing (example: a prominent seam, an interesting texture, a button, etc.) to sense with your fingertips.



# Grounding Techniques

## MENTAL:

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### Practice A:

Count backwards from 100 in your first language and/or English.

### Practice B:

Say the alphabet backwards in your first language and/or English.

### Practice C:

Repeat a safety statement to remind yourself that you are safe in the moment.

Create a safety statement using the following template:

“My name is \_\_\_\_\_. I am safe right now. I am in the present, not the past or the future. I am located in \_\_\_\_\_. Today’s date is \_\_\_\_\_. I am safe here and now.”

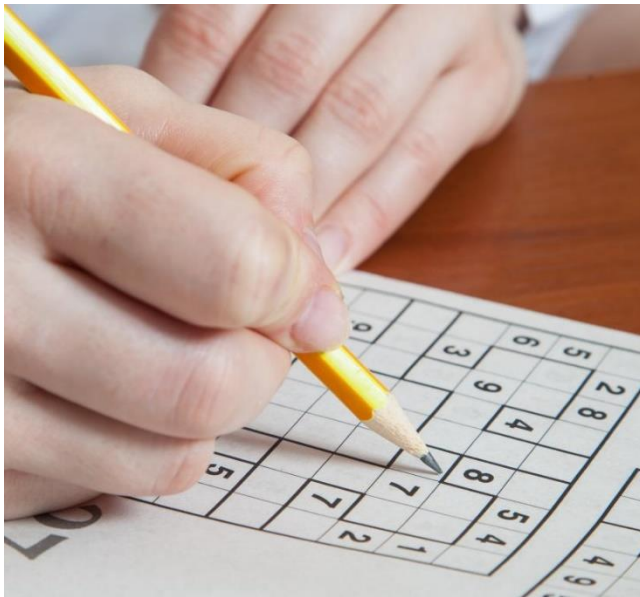
### Practice D:

Play a category game with yourself. For example, list:

- Items connected to a colour
- Spices or herbs
- Types of hot/cold beverages
- Foods made with a specific vegetable or fruit (ie., eggplant or plantain)

### Practice E:

Complete a puzzle (ie., crosswords, Sudoku, word searches or mazes.)



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## **SOOTHING:**

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### **Practice A:**

Listen to your favourite playlist of music. This may be something that relaxes and calms you, and/or makes you feel happy.

### **Practice B:**

Drink a warm beverage slowly, making sure to savour each sip.

### **Practice C:**

Spend time with someone that makes you feel safe.

### **Practice D:**

Eat a snack of your choice slowly, savouring it and noticing its flavor and texture.

### **Practice E:**

Practice mindful colouring or doodling (at your desk or during meetings).



# Grounding Techniques



Plan to use Grounding Techniques that fit for the different areas of your work:

| Space / Time of Day / Type of Work | Grounding Technique |
|------------------------------------|---------------------|
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