

On. Grounding Techniques

COACHING & COUNSELLING

Grounding techniques are simple, evidence-based tools that help you to:

*** Calm your nervous system * Feel more present in your body * Reduce stress in the moment**

6 Gentle Techniques

1 Describe a common task:

Think of an activity you do often or can do very well, such as making coffee, making your favourite sandwich, planting flowers. Go through the process step-by-step, as if you're giving someone else instructions on how to do it.

2 Name and notice:

"I am (Full Name). I'm (X) years old. I live in (City, State). Describe the temperature. It's (say the time) in the morning. Say where you are. I can see (pick 3 objects)"

3 Pick up or touch items near you:

Are the things you touch soft or hard? Heavy or light? Warm or cool?
Focus on the texture and the colour of each item.

4 Feet on the floor:

Sit or stand with your feet flat on the floor, uncrossed
Bring your awareness to your feet. Notice the points where your feet make contact with the floor
Gently press your feet into the floor, noticing the muscles in your legs and thighs engaging
If your mind wanders, gently redirect your attention back to the sensations in your feet

5 Box Breathing:

Inhale: Breathe in deeply through your nose for a count of four seconds.
Hold: Hold your breath for a count of four seconds.
Exhale: Breathe out slowly through your mouth for a count of four seconds.
Hold: Hold your breath again for a count of four seconds.
Repeat: Continue this cycle for 3-4 times or until you feel calmer.

6 5-4-3-2-1 senses check:

Using the five senses to ground you in the present moment:
Name 5 things you can see
Name 4 things you can hear
Name 3 things you can feel
Name 2 things you can smell
Name 1 thing you can taste
