

GROUNDING YOURSELF

Calming your mind, body, and spirit.

WHAT DOES 'GROUNDING' MEAN?

Grounding is a technique that helps keep someone in the present. Grounding can also be thought of as 'centering,' 'creating a safe place,' or 'looking outward.'

YOUR FEELINGS ARE ALWAYS VALID AND IMPORTANT, AND YOU SHOULD FEEL COMFORTABLE EXPRESSING YOUR EMOTIONS. BUT SOMETIMES TOO MANY FEELINGS ALL AT ONCE CAN BE OVERWHELMING.

GROUNDING IS A HELPFUL WAY TO MANAGE OVERWHELMING FEELINGS, AND HELP REGAIN YOUR FOCUS. THAT WAY YOU CAN TAKE A STEP BACK, AND HAVE THE SPACE YOU NEED TO UNDERSTAND ALL OF THOSE FEELINGS.

keep your eyes open.

Sometimes we don't have to turn inwards. During a trigger or an intense feeling, our bodies are not the most safe place, and our minds are incapable of making us feel stable in that moment. Because we are triggered through our senses, we have to ground ourselves through our senses. Keeping your eyes open will help you stay connected to an object, a smell, a colour, and the earth beneath you.

PRACTICE

Like any skill, grounding takes practice. Try grounding when you feel calm and practice it often. That way, when you are feeling overwhelmed or in crisis, you will already have some grounding experience. Start with simple things and you will slowly get to know what works for you.

ASK FOR HELP

Teach a friend, a worker, or someone you spend time with about grounding and why you like to use it. Someone you trust and who understands when grounding is useful can remind you to use it. They can ask things like "What am I wearing? Where are we right now?" to help you start to ground yourself.



TAKE A SHOWER OR SLOWLY WASH YOUR HANDS.

Think of how the water feels- heavy, light, slippery. Think of yourself as a piece of seaweed swaying in the current, yet anchored to the ocean floor.

IF YOU ARE SITTING, STAND. IF YOU ARE STANDING, SIT. PAY ATTENTION TO THE MOVEMENT CHANGE. REMIND YOURSELF, YOU ARE IN CONTROL.

5-4-3-2-1

What are 5 things you can see around you? It could be a bird, a pencil, or a person. Say them out loud.

What are 4 things you can touch around you? This could be your hair, the grass, or your hands. Say them out loud.

What are 3 things you can hear? Listen for things outside of your body like a car, a clock, or a microwave.

What are 2 things you can smell? Walk to a bathroom and smell the soap, your skin, or the skin of an orange.

What is one thing that you can taste? The coffee you drank, your lunch?



Rub your palms, clap your hands. Tap your hands lightly on your face, arms, and legs. Listen to the sounds your hands make.

Go for a wellness walk. Find smells and textures that make you feel good. Pick up a stone or something to hold onto.

ACKNOWLEDGE THE FEELING YOU ARE HAVING RIGHT NOW: I AM VERY RIGHT NOW. IT'S OKAY.

LISTEN TO MUSIC. SING OUT LOUD. LET YOUR BODY DANCE.

Collect things that make you feel calm into a basket or a bag and keep them in your purse, or on your table. This could be flowers, a toy, some essential oils, or a picture.

