

Grounding Techniques

Hello everyone,

This time I'd like to tell you about
GROUNDING TECHNIQUES

They are exercises that may help you refocus on the present moment to distract yourself from anxious feelings. You can use grounding techniques to help create space from distressing feelings in nearly any situation. Especially helpful for anxiety and dissociation (feeling of being dizzy, like out of your body).

Also good for overall well-being, stress, low mood, etc.

Grounding techniques use tools such as visualization and senses including sight, hearing, and smell to help distract you from a variety of possible feelings and thoughts. Sometimes your emotions can take over your thoughts and physical responses. Focusing on the present through grounding techniques can help interrupt your body's response and return your brain and feelings to a place of safety.

My favourite ones are:

Square Breathing (4,4,4,4) - inhale for 4 seconds, hold it for 4 seconds, exhale for 4 seconds, wait 4 seconds and repeat

The Alphabet Game - name things (whatever) starting for each letter
A B C D E F G S T U W X Y Z

The 5-4-3-2-1 technique (once you find your breath, go through the following steps to help ground yourself):

5: Acknowledge FIVE things you see around you. ...

4: Acknowledge FOUR things you can touch around you. ...

3: Acknowledge THREE things you hear. ...

2: Acknowledge TWO things you can smell. ...

1: Acknowledge ONE thing you can taste.

Hands and feet

Place them over different surfaces. It can be whatever but if it is something nature related even better (e.g. flower, grass, ground, water, etc). Also, human contact is really powerful

Other Techniques

Other grounding techniques (divided by physical, mental and soothing) are:

Physical grounding techniques (use your five senses or tangible objects)

1. Put your hands in water
2. Pick up or touch items near you
3. Breathe deeply - Slowly inhale, then exhale
4. Taste a food or drink - small bites
5. Take a short walk - concentrate on your steps, you can even count them.
6. Hold a piece of ice
7. Smell a scent
8. Move your body
9. Listen to your surroundings
10. Feel your body - sitting or standing.

Mental grounding techniques (imagination)

1. Play a memory game
2. Think in categories - group things
3. Use math and numbers
4. Recite something
5. Make yourself laugh
6. Use an anchoring phrase
7. Visualize a daily task you enjoy or don't mind doing
8. Describe a common task
9. Imagine yourself leaving the painful feelings behind
10. Describe what's around you

Soothing grounding techniques (comfort yourself in times of emotional distress)

1. Picture the voice or face of someone you love
2. Practice self-kindness - no victimise
3. Sit with your pet
4. List favourites (foods, songs, etc)
5. Visualize your favourite place
6. Plan an activity
7. Touch something comforting
8. List positive things (five things in your life that bring you joy),
9. Listen to music - the right one

You have over 30 techniques, find the ones that suit you more!

See you soon
Jose

Events and key dates

THURSDAY 6TH JULY

Whole school transition day

FRIDAY 21ST JULY

Last day of term

FRIDAY 14TH JULY

Passport celebrations

WEDNESDAY 6TH SEPTEMBER

Learners return to school

