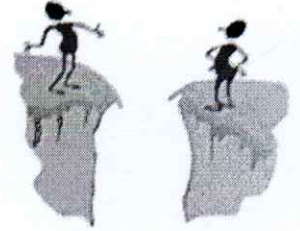


# Grounding



Sometimes you can get caught up in your thoughts, to the point where the 'bigger picture' is lost. These techniques can help you shift from being stuck in your thoughts or anxiety to a calmer place.

## In the immediate moment:

- Concentrate on your breathing. Take a deep cleansing breath from your diaphragm. Count the breaths as you exhale. Make sure you breathe slowly so you don't hyperventilate.
- Stomp your feet to remind yourself where you are or press your feet firmly into the ground.
- Cross your legs and arms. Feel the sensations of you controlling your body.
- Find your pulse on your wrist and count the beats per minute. Concentrate on feeling the blood pulse throughout your body.
- If you are sitting, stand. If you are standing sit. Pay attention to the movement change. Reminding yourself -- you are in control.
- Rub your palms, clap your hands. Listen to the sounds. Feel the sensation.



## At other times:

- Take a warm relaxing bubble bath or a warm shower. Feel the water touching your body.
- Hold something that you find comforting, for some it may be a stuffed animal or a blanket. Notice how it feels in your hands. Is it hard or soft?
- If you have a pet (a dog, cat, hamster, gerbil) use that moment to touch them. Feel their fur and speak the animals name out loud.
- Listen to familiar music and sing along to it. Dance to it.
- Go online and talk with an online friend. Write an email.

