



Grounding



Grounding techniques help us to refocus into the present moment when our minds begin to race forward, or distressing feelings come about. It is beneficial to reconnect our minds and bodies, and to encourage feeling safe in our surroundings again.

Start by rating your distress 1-10, then rate it again after you've grounded to understand which practices work better for you.

Possible Ways to Ground Yourself

Breathing Techniques

breathing techniques allow you to move from fight/flight/freeze/fawn to rest/digest, calming the nervous system when dysregulated.

5 - 4 - 3 - 2 - 1

Look around your space.

- 5 things you can *see*
- 4 things you can *touch*
- 3 things you can *hear*
- 2 things you can *smell*
- 1 thing you can *taste*

Box Breathing

4 — HOLD — 4
| |
IN OUT
| |
4 — HOLD — 4

breathe in for 4 sec, hold for 4, out for 4, hold for 4, repeat

3 - 3 - 3

If 5 - 1 is too much

- 3 things you can see
- 3 things you can hear
- 3 body parts you can move

Moving your Body

Benefits of Movement

- releases "happy hormones"
- completes the stress cycle
- better sleep quality
- connect your mind and body
- physical benefits:
 - lower blood pressure
 - reduced risk of chronic disease and some cancers
 - strengthen bones/muscle

pay attention to how your body feels with each movement



ex. jumping jacks, jumping or jogging in place

Light stretching, or yoga



Going For a Walk Outside



taking in, noticing your surroundings



Mindfulness

Self-Kindness

"I am trying hard, and I am doing my best"

"I may be having a rough time, but I am strong and will make it through"

Meditate

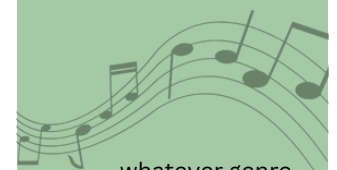
notice each breath, coming in and out, without trying to change it



Documented Benefits of Practicing Mindfulness

- Improved Mood
- Reduced Anxiety
- Attentional control
- Anti-inflammatory/Immune boosting
- Pain Reduction
- Improved Sleep Quality
- Neurogenic/Neuroplastic effect

Listen to Calming Music



whatever genre relaxes you!

Certain techniques will work better for you than others, as they will for different situations. Experiment with them to find what works best for you!