

GROUNDING EXERCISES

Grounding A: Decreasing Anxiety

Grounding is a way to connect to your breath. Do as much, or as little as you choose. Feel yourself sitting firmly in your chair with your feet on the floor, allowing your spine to straighten but not become rigid. You may focus on something in front of you, or if you wish, close your eyes. Notice the chair supporting you. Notice the sounds around you, and the temperature of the air on your skin. Is it too hot, too cold or just right?

Bring attention to your breath without exchanging its rhythm. This grounding begins with an exhalation to make room for the breath to enter. Make sure to follow your own rhythm if I am not speaking slowly enough or quickly enough for you.

I will be saying the words:

I am exhaling anxiety, I am safe
I am breathing in calm air, I am safe.

You can change the words to suit yourself or not use words at all.

I am exhaling anxiety, I am safe
I am breathing in calm air, I am safe.

One more time.

I am exhaling anxiety, I am safe
I am breathing in calm air, I am safe.

Slowly, in your own time, return your attention to yourself sitting in your chair. Notice the sound around you, and the temperature of the air on your skin. When you are ready, return your focus to the room. It will be time for us to begin.

Shortened version of grounding A

Feel yourself sitting firmly in your chair with your feet on the floor, allowing your spine to straighten but not become rigid.

Notice the chair supporting you.

Notice the sounds around you, and the temperature of the air on your skin.

Bring attention to your breath without changing its rhythm.

I am exhaling and unloading
I am breathing in calm air (repeat 2x)

One more time

I am exhaling and unloading
I am breathing in calm air

Take a moment to honour your courage and commitment that brought you here today, and let you do exactly what you needed to do. Slowly, in your own time, return your attention to yourself sitting in your chair, notice the sounds around you and the temperature of the air on your skin. When you are ready, return your focus to the room and it will be time for us to end.

Quick Grounding Techniques

- Stomp your feet to remind yourself where you are. Press your feet firmly into the ground.
- Keep a rubber band on your wrist and pluck it-feel the slight sting as it touches your skin.
- If you are sitting, stand. If you are standing, sit. Get up and go to another room. Change the environment you are in. Reminding yourself-***you are in control.***
- If you have a pet (a dog, cat, hamster, gerbil) use that moment to touch them. Feel their fur and speak the animal's name out loud.
- Rub your palms, clap your hands. Listen to the sounds. Feel the sensation.
- Visualize a bright red STOP sign to help you stop the flash back and /or memory.
- Listen to familiar music and sing along to it. Dance to it.
- Go online and talk with an online friend. Write an email.
- Write in a journal
- Take a walk outside and notice your neighbourhood. Pay attention to houses and count them.
- Move around. Feel your body. Stretch out your arms, hands, fingers.
- Get ice and hold it in your hand or stick your hand in a glass/bowl of ice water.
- Place a cool cloth on your face, or hold something cool such as a can of soda.
- Turn on a fan or air conditioner for the sound and to circulate air.
- Read out loud to yourself from a familiar book, or look at a favorite painting or poster and describe what you see in it.