



GROUNDING

In times of high stress and uncertainty, you may find it useful to use grounding techniques. You can use these grounding techniques when you notice your thoughts getting carried away or when you start to think about a difficult experience you might have faced. These will help ground you in the here and now so you can focus on what is happening around you.

Focus your attention – Make a special effort to really notice what is going on around you – how things feel, sights, smells and sensations. Think of all your senses and focus on what is happening with them.

Focus on

- 5 Things you can SEE
- 4 Things you can HEAR
- 3 Things you can TOUCH or FEEL
- 2 Things you can SMELL or like the smell of
- TAKE 1 big BREATH in

Be aware of your emotions and what you are feeling. These are very valid and normal feelings for you to experience.

Be kind to yourself. You may notice some thoughts/feelings which make you upset. Try not to be critical of yourself, instead consider how you could use alternative compassionate, reassuring and positive statements towards yourself.

Practice mindfulness or grounding during your daily routine

Remember, this involves paying attention to the present moment, non-judgementally, to find some calm in the 'now'. Try to bring some awareness to the daily activities you often complete on auto-pilot. This could include:

- Bringing your attention to the sounds and smells of having a shower
- Focusing on the sight and temperature when you drink a cup of tea or coffee
- The taste and feeling of brushing your teeth
- The sensations of your feet and body moving as you walk