

# GROUNDING TECHNIQUES



The following are some examples of grounding techniques:

- Breathe slowly, consciously, in four-part awareness: breathe in for a count of two, hold for a count of two, breathe out for a count of two, hold out for a count of two.
- Participate in traditions, ceremonies or practices specific to your culture. For example, if you are Indigenous you could smudge.
- Move different parts of your body. Wiggle your fingers and toes, stretch your arms.
- Stomp your feet on the ground. Focus on where they touch the ground.
- Keep an item, such as a coin or a stone, in your pocket. Touch it.
- Reconnect with yourself. Say your name, the date and your age out loud, slowly and deliberately.
- Reconnect to your present surroundings. List or count the items in the room. Notice the patterns, textures and colours.
- List your favourites: colours, foods, movies, music, etc.
- Jumpstart your senses. Take a deep breath of peppermint, cinnamon, nutmeg; peel, smell or bite a slice of lemon or lime; touch an ice-cube to your skin; inhale the ocean air.
- Splash water on your face.
- Turn the lights on.
- Slowly drink a glass of water.
- Slow your eating and pay attention to how the food tastes.
- Go outside or look out a window and take note of your surroundings. Watch the clouds move, feel the wind on your skin, look at a tree and trace its branches with your eyes, watch a squirrel or bird. If it is nighttime, notice the moon and the stars.
- Listen to the rain, wind, waves, birds.
- Take a relaxed shower or bath and pay attention to the feeling of the water on your skin.

Adapted from: [https://trauma-informed.ca/wp-content/uploads/2023/04/trauma-informed\\_toolkit\\_v07-1.pdf](https://trauma-informed.ca/wp-content/uploads/2023/04/trauma-informed_toolkit_v07-1.pdf)