

IDEAS FOR STRATEGIES TO TRY

Grounding Techniques

Grounding Techniques are there for a time when you feel anxious to help you to concentrate on what is happening to your body and your surroundings rather than being trapped in your own mind with distress

Why they are useful:

It can help you stay with the present moment rather than thinking about what worries you in the future or what worried you in the past. Below are some grounding techniques that may help you with this:

5-4-3-2-1

This is a technique to help you concentrate on all five of your senses.

To begin with, close your eyes and take a deep breath in and out. Then open them and name out loud:

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

Take a deep breath to finish

DISTRACTION

Another way to ground yourself is the distraction method. For this begin by taking a deep breath and looking around your surroundings and pick something to count. For instance, you could be counting the amount of trees you can see or the number of white cars.

You can also mentally distract yourself through trying to double numbers in your mind starting with the number 2 - this can be quite challenging so may help to distract your mind from the distressing thoughts.

4-7 BREATHING

WHY/WHEN: When we are stressed, anxious or angry we breathe faster and take in too much oxygen which can lead to dizziness and a feeling of panic

HOW TO: Count to 4 in your head (or on your fingers) as you breath in
Count to 7 as you breath out

To make your out breath last longer imagine you're breathing through a straw

Repeat for 5 minutes or until you feel calmer

ROOTED

This technique is useful to clear your mind and calm your emotions it can be helpful to focus fully on the present and feel rooted to the earth

HOW TO: Sit or stand with your feet placed flat on the ground or lie down on your back the ground (be careful it's a place you won't get hurt). Close your eyes and breathe deeply as you focus you're attention on the parts of your body touching the ground one by one. What does it feel like?

Feel the ground support and hold your body. Allow your body to grow heavy and sink into the ground. Imagine your body growing roots into the earth.