



Grounding Techniques

When you are experiencing intense emotions, it can be hard to find your way out. Here are some techniques to help you to feel grounded and back in the present moment.

Mental Grounding

1. Describe your surroundings in detail, using all your senses – vision, hearing, smell, taste and feeling.
2. Describe what you are doing, such as eating, walking or driving, in detail.
3. Think of categories; for example, categorise shoes, hair, cars or books
4. Use imagery; for example, hop on a cloud and float away from your pain; put your pain in a bubble and let it float away
5. Use a grounding statement, such as: 'I am Leanne'; 'I am 23 years old'; 'this is the present, and not the past'; 'I am safe right here and right now'.
6. Say the alphabet slowly
7. Think of something funny

Physical Grounding

1. Rub your hands together – hard
2. Press your heels into the floor, and notice how it feels
3. Touch objects around you as you say their name, and explore them using all your senses
4. Stamp your feet
5. Change your posture to a more upright one
6. Put your hands under running water
7. Carry something with you that grounds you, such as a rock or piece of fabric

Spiritual Grounding

1. Go outside, find some grass
2. Take off your shoes and socks
3. Walk around on the grass barefoot
4. Take in some deep breaths
5. Lay down on the grass
6. Allow Mother Earth to take your full weight, feel her support
7. Breathe in & out

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