

Grounding

Grounding techniques are ways to focus your attention fully in the present moment. They can be helpful for calming the body when you are feeling anxious or if you experience flashbacks or nightmares.

The Treatment Network have put together some techniques for you to try when you are feeling anxious or distressed.

1. Focus on your breath:

- Sit in a comfortable position. Close your eyes if it feels safe to do so.
- Bring your attention to your breath. Take a slow breath in, pushing your stomach outwards to breathe right down into your belly.
- Take a slow breath out, feeling your stomach falling again.
- Notice the sensation of your breath and the movement of your abdomen slowly rising and falling as you gently breathe in and out.
- Some people find it helpful to count the breath – try breathing in for 4 counts and out for 6 counts.



2. Five Senses technique:



Focus your attention on what you can see around you. Notice the colours, shapes and textures you can see and the way the light, or shade, falls.



Now notice the sounds you can hear. Even in a quiet place we can often hear background noises – a clock ticking, distant traffic, bird song. If there is no noticeable background noise focus on the sound of your breath.



Bring your attention to your body and notice any physical sensations. If you are sitting, become aware of the sensations where your body meets the chair. You can add to this by holding an object (notice the texture weight, temperature) or touch something in your environment (e.g. the fabric of the chair) and notice how it feels against the skin.



Notice any smells in your environment. If there are none, find something pleasant or distinctive to smell (e.g. an orange, soap). Focus your attention on the aroma. How would you describe it to someone else?



Find something you like to eat or drink, bring your awareness to the flavour and texture, take time to savour it. Or you can imagine yourself eating your favourite food. Recall the flavour and the positive associations related to that taste.

3. Moving Mindfully:

Sometimes being anxious can make people feel stuck or frozen. If this happens, it can be helpful to make

deliberate movements. Here are some examples to try-

- 📍 Change your posture to one that feels strong or powerful. Sit, or stand up, tall.
- 📍 Lift your arms above your head, to take up more space, or move your arms in a pushing motion to the sides or the front.
- 📍 If you have space, walk around slowly paying attention to the sensation of the movement.
- 📍 Find a movement that feels good for you. Try timing the movement to your breathe e.g. lifting arms above the head as you breathe in and slowly bringing arms to your side as you breathe out.

