MY POCKET GROUNDING TECHNIQUES

Things that help me feel calm and grounded on the go.

Observe

Find something in the room that begins with each letter

a b c d e f g h i j
k l m n o p q r s t
u v w x y z

Trace

Pick one interesting object in your field of vision. Trace its outline with your eyes, as if you were drawing its lines.

Lie

Lie on the floor. Close your eyes and focus on your breath. Starting from your head, do a quick body scan and notice each part of your body where the floor or surface touches you. Focus on the sensation, the pressure, the texture and temperature.

Tie

Grab a string or shoelace. Tie knots in the string. How many knots can you make? Focus on creating the knots until you feel calm. Or, take the laces out of your shoes and slowly thread the lace back through whilst taking deep breaths in and out.

Squeeze

Create an affirming statement such as "I am calm and in control." Write it in the space below. Tap your left shoulder with your right finger, keeping your finger on your shoulder. With your right finger still in position, tap your right shoulder with your left finger. Give yourself a big squeeze and say your statement. Repeat as many times as you need.

Breathe

Take a slow, deep breath in through your nose. Make a big sigh and drop your shoulders downwards as you breathe out slowly through your mouth. Repeat 4 times. Optional: Add a calming statement to say each time you finish breathing out.

Splash

Splash some water on your face or hands. Notice the temperature of the water and how it feels on your skin. Dry your hands or face, notice the textures and feel of the material. Use words in your mind to describe the sensations.