

Ten Of The Best

Grounding Techniques

For when your clients
need a quick hit of
calm



Welcome

Hello,

I'm Lynne Douglas a fully qualified and accredited CBT Therapist and EMDR Europe accredited clinical consultant/supervisor with over 20 years of experience.

I'm super passionate about resourcing having seen the difference it has made to mine and my clients lives.

I've put together all of my best resources here for you to use.

Enjoy x



Disclaimer

All of these techniques are freely available online.

I don't claim to have created any of them or personally developed them. Where references are available I have added them and I have not used anything that is not already freely available in the public domain.

The purpose of this workbook is to colate all of the wonderful freely avaiable techniques out there to save therapists time and give them a central resource.

These resources are intended for trained practitioners to use with their clients. They are not intended as a replacement for professionally provided therapy.

As a qualified practitioner you are responsible for your clinical decison making. Please take into account your clients preferences and experiences when choosing which techniques to use with them. Not all techniques presented here will be suitable for all clients

The Grounding Chair

Sit down in a comfortable chair, one where your feet reach the floor.

Close your eyes and focus on your breath.

Breathe in slowly for the count of three, then out slowly.

Bring your mind's focus to your body.

How does your body feel sitting in that chair?

Scooch your bum right into the back of the seat so the whole length of your back is pressing into the back of the chair.

Can you feel the contact between your body and the chair's surface?

If the chair has arms, touch it, is the material smooth or textured?

Press your arms down the length of the chair arm, notice how your hands hang off the end.

If your chair doesn't have arms, touch the material on the seat, how does that feel?

Next push your feet into the ground, imagine the energy draining down from your mind, down through your body and out through your feet into the ground.

I picture it as a color filling my body as it goes from top to toe, but this is your image so choose whatever you want your energy to look like.

As the energy drains from your head, feel how heavy each body part becomes, your torso feels heavy and now your arms as you relax those muscles.

Lastly, feel the heaviness go down your legs, through your feet and down into the ground.

Hold On

I keep stones and gems in my office just for this purpose but look around your house for things that have a texture or are pretty or interesting to look at.

Hold an object in your hand and really bring your full focus to it. If I was looking at one of my gems I would see the patterns that run through it, see the color variances.

Some have veins of different colors going through the or sparkly bits. Look at where shadows may fall on parts of it or maybe there are shapes that form within the object. Feel how heavy or light it is in your hand and what the surface texture feels like under your fingers.

This can be done with any object you have lying around or if you know you are going into a stressful situation, take one of your favorite small objects and put it in your pocket or purse so you can do this calming exercise on the go.

Get Moving

Do a few exercises or stretches.

You could try jumping jacks, jumping up and down, jumping rope, jogging in place, or stretching different muscle groups one by one.

Pay attention to how your body feels with each movement and when your hands or feet touch the floor or move through the air. How does the floor feel against your feet and hands?

If you jump rope, listen to the sound of the rope in the air and when it hits the ground.

5-4-3-2-1 Technique

Before starting this exercise, pay attention to your breathing.

Slow, deep, long breaths can help you maintain a sense of calm or help you return to a calmer state.

Once you find your breath, go through the following steps to help ground yourself:

5: Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.

4: Acknowledge FOUR things you can touch around you. It could be your hair, a pillow, or the ground under your feet.

3: Acknowledge THREE things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

2: Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

1: Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

The Alphabet Game

The alphabet game is where you name something for every letter of the alphabet within any category of subject. This could be animals, people's names, foods etc.

I had never found something that had me back to thinking logically and calmly so fast. Now it is definitely my go-to exercise for anxious days (mine, or other people's).

This isn't an instant fix by any means, and everyone will have different experiences, but it's an excellent grounding technique to get your brain switched back from the fear and panic that has thrown all rationality out the window.

Conscious Walking

Concentrate on your steps

you can even count them.

Notice the rhythm of your footsteps and how it feels to put your foot on the ground and then lift it again.

Grounding Smells

Smells Smells are an incredibly powerful way of coming to our senses. If you are deliberately paying attention to a smell you are truly in the present moment.

Try to find a smell that has positive associations for you – maybe one that reminds you of happy times, or a smell which you enjoy. Carry it with you and use it to bring yourself back to the present moment if you get caught up in an unwanted memory.

Helpful smells •

- Small bottles of essential oils – e.g. eucalyptus, mint, lavender, lemon. • Small dried flowers such as lavender. •
- Perfume soaked on a tissue.
- Whole spices from the kitchen.

Listen in

Take a few moments to listen to the noises around you.

Do you hear birds? Dogs barking? Machinery or traffic?

If you hear people talking, what are they saying? Do you recognize the language?

Let the sounds wash over you and remind you where you are.

Grounding Statements

Unwanted memories can make us mentally 'time travel' back to the trauma, and we can sometimes forget that we are safe in the present. It can be helpful to write a 'grounding statement' to remind yourself that you are safe. You can carry it around with you and read it if you become upset. Useful statements talk about safety, or remind you of what is different now compared to then.

Try statements like:

- I am safe. My trauma happened a long time ago and I survived.
- My trauma happened in the past and I am only remembering it now. The memories upset me, but they are just memories, they cannot hurt me
- I am safe in the present moment. I know I have survived because I am bigger and older than in my trauma memory. I have my own family now, and I am loved.

The Body Awareness Technique

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

- Take 5 long, deep breaths through your nose, and exhale through puckered lips.
- Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
- Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
- Clench your hands into fists, then release the tension. Repeat this 10 times.
- Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
- Rub your palms together briskly. Notice the sound and the feeling of warmth.
- Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
- Take 5 more deep breaths and notice the feeling of calm in your body.



Want More Resources?

Check out my website

<https://healthyminds4u.co.uk>

And my Etsy shop

<https://www.etsy.com/uk/shop/HealthyMindsHub>

Love, Lynne xx