GROUNDING TECHNIQUES

- Breathe deeply
- Pray
- Meditate
- Notice sensations of clothing on body
- Notice details of surroundings (e.g., nature, pictures, signs, walls, etc.)
- Increase physical sensations (e.g., scrunching toes, rub fingers and thumb together)
- Listening to sounds such as breathing, etc.
- Ask yourself, “What do I need right now?” Listen to inner voice(s). Try to embrace responses with compassion.
- Self-massage (shoulders, neck, scalp, face)
- Butterfly hug
- Doodle
- Journal