

# Grounding

## What is it?

Grounding includes calming and centering methods that help you to become more present in your body and connected to earth and the present moment. Like a tree rooted in the ground, it connects you with your power source and reminds you of your strengths and ability to cope.

## How to do it

- One option is to sit in a chair with your feet flat on the floor and your hands placed palms down on the large muscles of your thighs. Gently press your feet into the floor for a few moments and release. Feel your strength.
- Alternatively, you can ground while walking or standing. Just become aware of your feet firmly planted beneath you.
- To calm the mind and help to focus in the present, take some deep breaths while repeating a calming statement. Choose one thought that you repeat each time you do the grounding, so that saying it becomes a habit. For example:

**“I AM LEARNING TO STAY IN THE PRESENT.”**

**“THIS IS ME. I AM HERE. I AM ALIVE. I WILL COPE.”**

**“I AM LEARNING TO COPE.”**

- You could also ground by breathing and focusing on a detailed description of an object in your environment (e.g., colour and shape).
- You can do a more extensive sensory grounding referred to as "5-4-3-2-1" using what you see, what you hear and what you feel. Start by naming five things you see, five things you hear, and five things you feel. Repeat this process with four things, then three, then two, then one. You may repeat items.
- In extreme states of emotions you can use a ziplock bag with four or five ice cubes and a bit of water, and apply it to your upper cheeks for about 30 seconds. Take a break for a few seconds and re-apply at least three times. This technique is found to be most effective if the ziplock bag is also wet on the outside and if you sit, bend forward and hold your breath while you apply it.

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**Sometimes we can be overwhelmed by stress and seem to lose connection with ourselves, our lives and our strengths.**

Further calming and centering ideas are included in these four quadrants.

