



GROUNDING TECHNIQUES



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What Is Grounding?

Grounding is a practice that can be used to increase focus and to get in touch with your surroundings.

It can be used daily to increase well-being and to become more peaceful.

It can also be used in moments of distress to calm symptoms of anxiety. This is done by focusing on breath, body and the environment.



Categories Game

List all the things you like from one category, for example...

- Flowers
- Films
- Ice cream flavours
- Animals



5, 4, 3, 2, 1 Technique

In this technique, list...

- Five things you can see
- Four things you can feel
- Three things you can hear
- Two things you can smell
- One thing you can taste

Tip: focus on things that bring you comfort



Savouring Touch

- Hold something cold, such as a stone or crystal. Focus on the sensation of how it feels
- Drink a warm or cold drink and feel the sensation
- Is there a fragrance that appeals to you? This might be a cup of tea, a herb or spice, a favourite soap, or a scented candle. Inhale the fragrance slowly and try to note its qualities (sweet, spicy, citrusy, and so on).



Movement

Movement helps us to have more happy hormones flowing around the body, which can help lift our mood and have less low energy.

Ideas to help us move more:

- Going for a walk
- Walking or cycling for travel
- Dancing
- Yoga
- Gardening
- Chair exercises
- Using the stairs more often
- Exercise classes or Gym
- Sports



Find Movement That Suits You

Services and websites

- [We Are Undefeatable](#)
- [Evergreen Active](#)
- [Bring Me To Life](#) Walk & Talk sessions for Women - [#WalkitThrough](#)
- Wakefield Council - [Walking Groups](#) & [Active Through Football](#)
- [Wakefield Recovery College](#) - Free Courses, Online and in person



Touch The Earth

Sometimes when we feel overwhelmed with our situation and surroundings, going outside can be really beneficial to calm us.

- Take your shoes off and place your feet on a grassed area.
- Do gardening as a way to touch the earth and soil



Breathing

Breathwork is a great way to relax the body. There are different techniques you can use, here are a few examples:

Box breathing:

- Breath in for four counts
- Hold for four counts
- Breath out for four counts
- Hold for four counts
- Repeat

Extended exhale:

- Breath in for four counts
- Breath out for 8 counts
- Repeat



Meditation

Rooted Meditation:

- Make yourself comfortable
- Inhale in through the nose and out through your mouth until you feel relaxed
- With the eyes closed or a soft gaze, feel the connection between your body and the ground beneath you
- Imagine roots growing from your sitting bones into the earth, imagine them wrapping around the centre of the earth

You are safe and supported, stay here for as long as you need.





If You Need To Talk, We Are Here To Listen



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