



GROUNDING: GETTING BACK IN THE BODY

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BREATHE

- Breathe in to the count of four, breathe out to the count of six.
- Focus attention on the breath and breathe into the tummy.
- Focus on the sensation in the body of the lungs filling and emptying.

MOVE

- Move the body out of a freeze response.
- Stand up straight and feel how tall you are.
- Stretch out your arms and take up a 'power pose'.
- Focus on feeling strong and powerful in your posture.
- Alternatively, move around, perhaps rhythmically.
- Concentrate your attention on how you are free to move and get away if you want to.



ACTIVATE YOUR SENSES

- Focus your vision on what you can see around you. Where are you? What can you see? How many circular objects can you see? How many green objects?
- Find something soft and comforting to touch and stroke, or explore objects for their texture. Focus in on how they feel against your skin.
- Listen in to all the sounds in your environment. Can you hear your breathing? Can you hear noises in the distance?
- Find something soothing or distinct to smell—a piece of clothing, a satsuma, handsoap, or anything in the here-and-now. Focus your attention in on the smell and describe it with words.
- Find something nice to eat or drink. Concentrate on the taste. Zoom in on its flavour and texture. What positive things does it remind you of?