GROUNDBING TECHNIQUES

Practice these grounding techniques so that they will come naturally when you are upset.

1. Run cool water over your hands.
2. Place a cool washcloth on your head/face.
3. Grab tightly onto your chair as hard as you can.
4. Touch various objects around you: a pen, keys, your clothing, or the wall.
5. Dig your heels into the floor—literally “grounding” them!
6. Carry a grounding object in your pocket, which you can touch whenever you feel triggered.
7. Stretch. Roll your head around.
8. Notice your body: the weight of your body in the chair; wiggle your toes in your socks.
9. Clench and release your fists.
10. Walk slowly; notice each footstep, saying “left or “right”... in detail to yourself.

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