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## GROUNDING 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

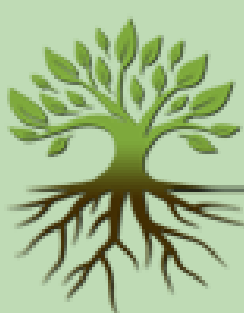
Notice your body: the weight of your body in the chair; wiggle your toes in your socks

9

Clench and release your fists.

10

Walk slowly; notice each footstep, saying “left or “right”... in detail to yourself.



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