

LIST OF GROUNDING EXERCISES

- Resilience Worksheet –

- Remind yourself of who you are now. Say your name. Say your age now. Say where you are now. Say what you have done today. Say what you will do next.
- Take ten slow breaths. Focus your attention fully on each breath, on the way in and on the way out. Say number of the breath to yourself as you exhale.
- Splash some water on your face. Notice how it feels. Notice how the towel feels as you dry. Hold a cold can or bottle of soft drink in your hands. Feel the coldness, and the wetness on the outside. Note the bubbles and taste as you drink.
- If you wake during the night, remind yourself who you are, and where you are. Tell yourself who you are and where you are. What year is it, what age are you now? Look around the room and notice familiar objects and name them. Feel the bed you are lying on, the warmth or coolness of the air, and notice any sounds you hear.
- If you are with other people, and you feel comfortable with them, concentrate closely on what they are saying and doing, and remind yourself why you are with them.
- Stop and listen. Notice and name what sounds you can hear nearby. Gradually move your awareness of sounds outward, so you are focusing on what you can hear in the distance.
- Hold a mug of tea in both hands and feel its warmth. Don't rush drinking it; take small sips and take your time tasting each mouthful.
- Look around you, notice what is front of you and to each side. Name and notice the qualities of large objects and then smaller ones.
- Get up and walk around. Take your time to notice each step as you take one, then another.
- Stamp your feet and notice the sensation and sound as you connect with the ground.
- Clap and rub your hands together. Hear the noise and feel the sensation in your hands and arms.
- Wear an elastic band on your wrist (not tight) and flick it gently, so that you feel it spring back on your wrist.
- If you can, step outside, notice the temperature of the air and how much it is different or similar to where you have just come from.
- Tap on pressure points.
- Stretch.
- Notice five things you can see, five things you can hear, five things you can feel, taste, or smell.
- If you have a pet, spend some time with them. Notice what is special and different about them.
- Run your hands over something with an interesting texture.
- Get a sultana, a nut, or some seeds, etc. Focus on how it looks, feels, and smells. Put it in your mouth and notice how that feels, before chewing mindfully and noticing how it feels to swallow.
- Put on a piece of instrumental music. Give it all of your attention.
- If you have a garden or some plants, tend to them for a bit. Plants, and actual soil, can be an excellent "grounder!"