

*Let's get
grounded.*

A TOOLKIT FOR SURVIVORS



WHAT ARE GROUNDING EXERCISES?



Grounding exercises are a technique that can help keep someone in the present. They help reorient a person to the here-and-now.

Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. They help someone to regain their mental focus from an often intensely emotional state.

TYPES OF GROUNDING:



PHYSICAL

Focus on your body and your senses.
Can be useful for dissociation, anxious feelings,
or feeling disconnected with your body.



MENTAL

Focus and activate your mind to cope with
feelings of anxiety, distress, or discomfort
while remaining present.



SOOTHING

Focus your body and activate your mind
to increase relaxation and feelings of
safety and comfort.

TIPS

Practice as often as you can.

Like any exercise, grounding takes practice, practice, practice.

Set small, manageable goals.

For example, focus on breathing for 1 minute instead of 10 minutes and increase when you're ready.

Do what works best for **YOU**.

This is a guide to give you ideas on where to start. Find out what works and customize it to your needs and comfort level.

Most importantly,

BE KIND TO YOURSELF.

*physical
grounding*



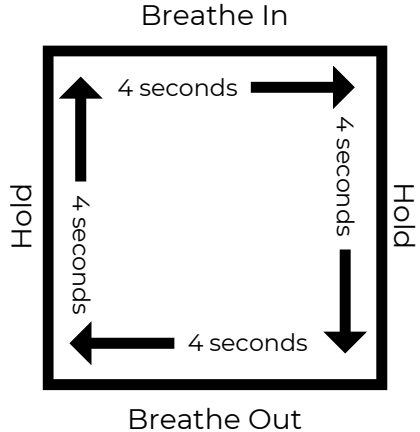
- Take 5 long, deep breaths through your nose and out your mouth.
- Run cool or warm water over your hands.
- Grip the arms or back of a chair tightly and slowly relax and let go.
- Focus on relaxing all your muscles from the top of your head to the tip of your toes.
- Touch objects around you and focus on the texture and sensation.
- Stretch, focusing on the sensations it creates in your body.

SQUARE BREATHING

Follow the square with the tip of your finger while breathing in through your nose and out through your mouth.

Focus on the sensations in your body as your breath changes.

This exercise can be done with anything square: square tiles, windows, or picture frames, for example.



GROUNDING OBJECTS

A grounding object can be ANY item around you, or one you feel connected to and carry around with you in your pocket or purse.

Hold the item in your hands or feel it with your fingertips.

- What does it feel like against your hand?
- What is it made of?
- Describe the texture.
- Is it heavy or light?
- Does it feel cool or warm?

*mental
grounding*



- Describe your environment in detail.
- Describe an every day activity in detail.
- Count backwards from 100 by 3, 5, or 7.
- Name all the objects around you.
- Picture a safe place and focus on the details.
- Say the alphabet s...l...o...w...l...y or backwards.
- Read a sentence backwards word by word.

CATEGORY GAME

Choose any category and try and list as many things as you can to center and ground yourself in the present.

Animals

Books

Colors

Cities/Countries

Fruits

Celebrities

TV Shows

Sports Teams

Songs

Vegetables

Try naming items in alphabetical order.

CENTER YOURSELF

- Name 3 things in the room.
- What colors do you see?
- What sounds do you hear?
- What do you smell?
- What textures do you feel?



*soothing
grounding*



- Think of your favorite animal, season, song, person, or movie.
- Keep a collection of inspiring or comforting poems, song lyrics, or quotes.
- Give yourself a hug and hold for 2 minutes repeating a kind phrase or a coping statement.
- Smell your favorite scent, perfume, or lotion.
- Write kind notes to yourself.
- Make your favorite food.

Say kind
things to
yourself.

I am a good person.
I am strong.
I am enough.
I am doing my best.

Say coping
statements
to yourself

I can handle this.
This feeling will pass.
I am safe and secure.
This won't last forever.

RESOURCES

National Sexual Assault Hotline | 1-800-656-4673

National Domestic Violence Hotline | 1-800-799-7233

National Sexual Violence Resource Center
nsvrc.org/elearning/grounding-tools

Love Is Respect
loveisrespect.org/content/grounding-exercises

The Mighty - 15 Grounding Exercises
http://bit.ly/TheMighty_Grounding

Healthline
http://bit.ly/Healthline_GroundingTechniques

GET HELP NOW

CHAT WITH A VICTIM SERVICES SPECIALIST

The Sexual & Domestic Violence Services Helpline is open Monday - Friday, 8:30a-5:00p

602-279-2980

AZ Relay Service 7-1-1

acesdv.org/helpline



ARIZONA COALITION
TO END SEXUAL & DOMESTIC VIOLENCE

602-279-2900

info@acesdv.org

www.acesdv.org