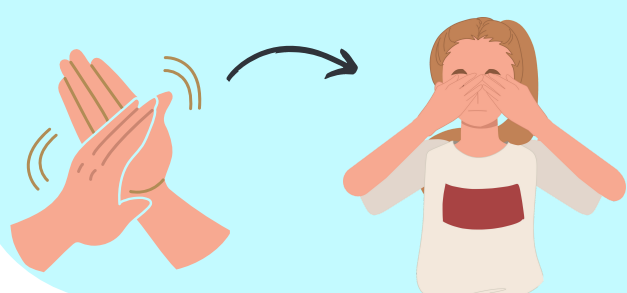


GROUNDING TECHNIQUES

Ground techniques are things we can do to take our attention away from difficult emotions or thoughts and refocus on the present moment. They help us to self-soothe in difficult situations or when we are feeling overwhelmed.

EYE COMFORT



1. Rub your hands together quickly
2. Once warm, place over your eyes
3. Let the warmth soak in

PRESSURE POINTS

1. Choose a pressure point (forehead, temples, earlobes)

2. Rub this spot with medium pressure for 2 mins



PALM PRESS



1. Place your hands together at your chest, palms touching

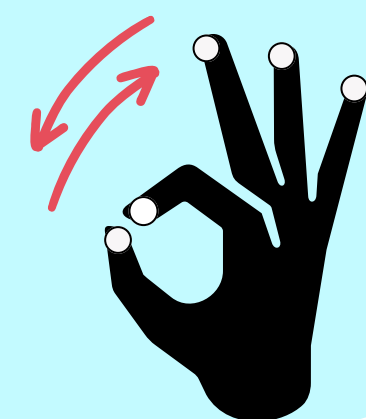
2. Push your palms together as hard as you can for 10 secs

3. Feel the pressure in your hands and arms, then relax

TOUCH POINTS

1. Touch your thumb to each finger starting with your pointer

2. Then work backwards from your pinky. Repeat.



SPLASH IT



1. If possible go to the bathroom and splash your face with cold water

2. The sensation refreshes you and brings you back to the present moment

HEAD PRESS

1. Link your fingers together and stretch up

2. keeping you fingers linked, push down on the top of your head and breathe in

3. Relax and breathe out



USE YOUR SENSES



1. Find your favourite smell. (e.g. a candle, popcorn, perfume)

2. Find some thing that feels nice to touch e.g. fresh sheets, fluffy socks, your pet.