

Topic: Grounding

Material:

The Stress Bucket - <https://www.youtube.com/watch?v=1KYC5SsJjx8>

WHAT IS GROUNDING?

Grounding is a set of simple strategies to manage strong emotions such as anger, sadness, self-harm impulses. You can also think of it as “distraction”, centering,” “a safe place,” looking “outward,” or “healthy detachment.”

WHY DO GROUNDING?

When you are overwhelmed with emotions you need a way to detach so that you can gain control over your feelings and stay safe.

Grounding ‘anchors’ you to the present and to reality
many of us struggle with either feeling too much (overwhelming emotions and memories) or too little (numbing and dissociation)

In grounding, you attain balance between the two—conscious of reality and able to tolerate it

Tips to grounding

Keep your eyes open, scan the room, and turn the light on to stay in touch with the present

Stay neutral—no judgments of “good” and “bad”. For example, “The walls are blue”

Focus on the present, not the past or future

No talking about negative feelings or journal writing. You want to distract away from negative

☒ feelings, not get in touch with them

Start grounding early in a negative mood cycle

Types of Grounding

1. Mental
2. Physical
3. Soothing

Mental Grounding

- Describe your environment in detail using all your senses.
- Categories game
- Say a safety statement.
- Repeat a favorite saying to yourself over and over (e.g., the Serenity Prayer)
- 54321 Grounding Exercise - <https://www.youtube.com/watch?v=30VMIEmA114>

Physical Grounding

- Run cool or warm water over your hands.
- Grab tightly onto your chair as hard as you can.
- Touch various objects around you: a pen, keys, your clothing, the table, the walls
- Dig your heels into the floor— literally “grounding” them
- Dropping Anchor exercise - <https://www.youtube.com/watch?v=xDm2c5FDLNI>

Soothing Grounding

- Say kind statements. Eg. "You are a good person going through a hard time. You'll get through this"
- Say a coping statement. "I can handle this", "This feeling will pass."
- Remember the words to an inspiring song, quotation or poem

I AM A STRONG TREE GROUNDING TECHNIQUE



- I am a strong tree.
- I stand shoulder width apart with my feet firmly planted like roots of a tree.
- I keep my body tall and straight like the trunk of a tree.
- I place my arms out or above my head like the branches of a tree.
- I breathe in and out slowly like the wind and gently sway my arms.



Contact Us:

Interested in 1:1 counselling? Self-refer at

https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program

To connect with group facilitators email frontlinewellness@waypointcentre.ca

Resources:

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