



# Physical Grounding Techniques

1. Focus on your breathing, notice each inhale and exhale, slow it down and repeat the word 'safe' on each inhale. Try breathing in for the count of 4 and out for the count of 7.
2. Grab tightly onto your chair as hard as you can.
3. Touch different objects, your pen, your keys etc.
4. Dig your heels into the floor, remind yourself that you are connected to the ground.
5. Carry a grounding object in your pocket - for example a small rock that you can touch whenever you feel triggered.
6. Stretch, extending your arms and fingers out as far as you can. Clench and release your fists.
7. If you can, run warm or cool water over your hands.

