



Soothing Grounding Techniques

1. Say kind statements to yourself, such as 'you will get through this'
2. Picture people you care about, look at photos of them.
3. Think of a safe place, it could be real or imagined, for example the beach, mountains...
4. Repeat statements such as 'I can handle this' 'I have got through this before'
5. Plan a safe treat such as a nice dinner or a bubble bath.
6. Think of things that you are looking forward to, like seeing a close friend.

