

## **GROUNDING AND STABILISATION TECHNIQUES**

These techniques help bring you back to the present moment when trauma symptoms arise. Practice them regularly so they become automatic resources.

### **Sensory Grounding Techniques**

#### **5-4-3-2-1 Technique:**

- Name 5 things you can see.
- Name 4 things you can physically feel.
- Name 3 things you can hear.
- Name 2 things you can smell.
- Name 1 thing you can taste.

#### **Temperature Grounding:**

- Hold ice cubes in your hands and focus on the sensation.
- Splash cold water on your face.
- Hold a cold drink and notice the temperature.
- Take a cold shower or bath.

#### **Physical Grounding:**

- Press your feet firmly into the floor.
- Clench and release your fists.
- Touch various textures: rough, smooth, soft.
- Stomp your feet or march in place.
- Place your hand on your heart and feel your heartbeat.

### **Breathing Techniques**

#### **Box Breathing (4-4-4-4):**

- Inhale for 4 counts.
- Hold for 4 counts.
- Exhale for 4 counts.
- Hold for 4 counts.
- Repeat 4 times.

#### **Extended Exhale Breathing:**

- Inhale for 4 counts.
- Exhale for 8 counts (or as long as comfortable).
- The extended exhale activates the parasympathetic nervous system.

## **Belly Breathing:**

- Place one hand on your chest and one on your belly.
- Breathe so that only your belly hand moves.
- This engages the diaphragm and promotes a sense of calm.

## **Cognitive Grounding**

### **Orienting Statements:**

- "My name is \_\_\_\_\_. Today is \_\_\_\_\_. I am in \_\_\_\_\_."
- "I am safe. That was then. This is now."
- "I am an adult now. I have choices."

### **Mental Games:**

- Count backwards from 100 by 7s.
- Name all the countries you can think of.
- List all the colours you can see in the room.
- Recite lyrics to a favourite song.

## **Safe Place Visualisation**

Create a detailed mental image of a safe, peaceful place. This might be real or imaginary.

- Close your eyes and imagine your safe place.
- Notice all the details: what you see, hear, smell, and feel.
- Notice how your body feels in this place.
- Give this place a name or cue word.
- Practice returning to this place, so it becomes easily accessible.

## **Scripture-Based Grounding**

Memorise short Scripture passages to speak during distress:

- *"The Lord is my shepherd; I shall not want." (Psalm 23:1)*
- *"God is our refuge and strength, a very present help in trouble." (Psalm 46:1)*
- *"Fear not, for I am with you; be not dismayed, for I am your God." (Isaiah 41:10)*
- *"The Lord is near to those who have a broken heart." (Psalm 34:18)*
- *"Peace I leave with you, My peace I give to you." (John 14:27)*