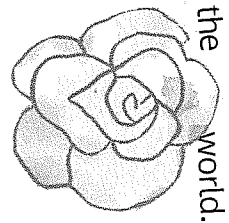


ideas

Some



grounding



You are connected to the world.

feel your back against the chair.

wiggling your toes in your socks,

weight of your body in the chair,

Remind yourself that you are connected to the ground.

in your heels

Notice the tension

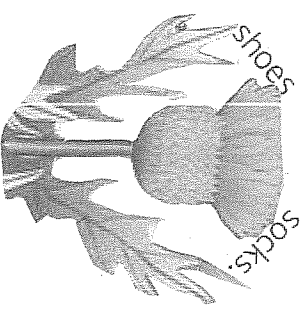
★ Dig your heels into the floor.

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Some more ideas

grounding



or

feel to be encased in

move in them. Notice how your feet

are covered or not,

and the sensation of your clothes as you

are covered or not,

and

whether your

arms

on your body,

the clothes

★ Feel

legs

★ Eat something, describing the flavours in detail.

★ Walk slowly, noticing each footstep, saying "left" or "right"

or



with each step.

★ Describe an everyday activity in detail, such as a meal that you cook.



★ Notice

five things you can see,

five things you can hear,

five things you can feel,

taste, or

smell.



★ If you wake during the night, remind yourself who you are, and where you are.

What year is it, what age are you now?

Look around the room and

notice

familiar objects and name them.

Feel the

bed you are lying on,

the warmth or coolness of the air,

and notice any sounds

you hear.

We don't know who wrote these ideas but we're super grateful



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★ Carry a grounding object in your pocket – a small object like a rock, clay, a ring, a piece of cloth or yarn that you can touch

whenever your feel triggered.

★ Read something, saying each word

to yourself. Or read each letter backward so that you focus on the letters and not the meaning of words.

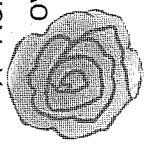
★ Play a "categories" game with yourself. Try to think of

"types of dogs", "jazz musicians", "countries that begin with A",

"cars", "TV shows", or "cities".

★ Clench and release your fists.

★ Run cool or warm water over your hands.



We're super grateful to the unknown person who wrote these ideas