Eat something, describing the flavours in detail.

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

★ Touch various objects around you. Notice textures, colours, materials, weight, temperature. Colder? Lighter?

★ Compare objects you touch: which one is one as hard as you can.

★ Grab tightly onto your chair and notice the tension in your body.

★ Clench and release your fists.

★ Run cool or warm water over your hands.

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.

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".

We don’t know who wrote these ideas but we’re super grateful to the unknown person who wrote these ideas.