

Grounding skills



Grounding skills are things you can do that can help when you are feeling very upset.

To feel more grounded you can:



Take deep breaths

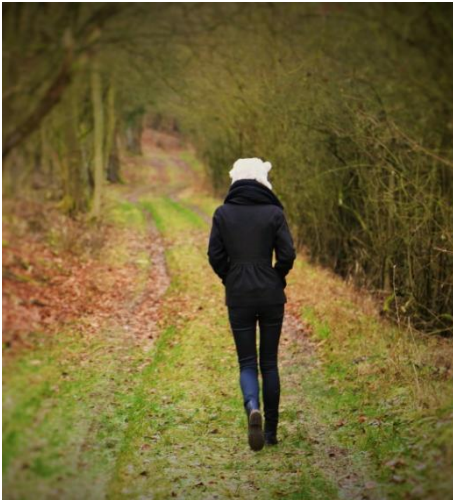


Release gripped hands

Grounding skills



Stand tall and feel the ground beneath you



Take a brief walk



Notice your feet connecting with the ground

Grounding skills



Say the name of all the objects
in the room you are in



Call a friend you trust



Phone the hospital ward

Grounding skills



You can also do some colouring
in



Watch TV

Or



Listen to a song you like