

GROUNDING LIST

If you start to feel overwhelmed or really anxious, start at number one on the list and proceed through the list until you feel grounded. These strategies are most effective if begun as soon as you feel tense. When you feel grounded, do something nurturing for yourself.

The first 3 suggestions work best if done together.

1. Put the kettle on and make a hot drink.
2. Take off your shoes and walk barefoot. Outside is best. If this is not possible, walk on as many different surfaces as possible.
3. Say out loud "I'm safe. I am having some strong feelings and they will pass."
4. Splash cold water on your face.
5. Take the dog for a walk or hug the cat.
6. Do something physical- turn up the radio and dance, run around the clothes line, go for a fast walk.
7. Do some housework the old-fashioned way. Scrub the kitchen floor with a bucket of hot soapy water and a scrubbing brush. Wash some sheets by hand.
8. Have a shower.
9. Do something rhythmic and repetitive- knitting, crocheting, playing patience (with cards, not computer).
10. If you are very stressed, make a list of things to do each day. It must NOT have more than 5 things on it. Cross each one off as you do it. If you need to remember something, tape a large note to the front door, or leave what you have to take with you in front of the door. Drive as little as possible as you will not see stop signs or red lights. Be careful crossing the road. Drop all unnecessary commitments.
11. Carry a small rock or something solid in your pocket when you go out and hang on to it when you feel anxious.