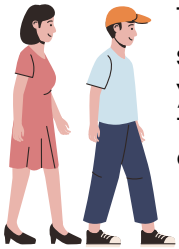


# GROUNDING TOOLKIT

Below are some exercises that you can use when you feel activated or triggered, whether that's in a state of agitation (hyperarousal) or shut-down (hypoarousal). These skills are meant to be used after we've discussed them in therapy and identified which skills are safest for you personally.

## Walk



Take a walk. Feel the sensations in your body as you take a step. Notice the feeling of your feet pressing on the ground.

## Push



Place your hands on the wall and push against it. Focus your attention on the sensations of your muscles pushing.

## Spot



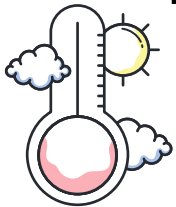
Look around the room and name the colors that you see. Try to list at least 6. Also, try naming as many shapes as you can see as you look around.

## Drink



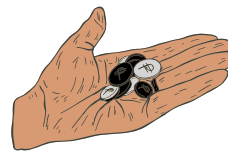
Take a drink of a beverage. Notice the sensations of the cool liquid traveling through your mouth, down your throat and stomach.

## Temperature



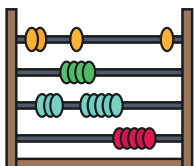
Tune in to the temperatures of different parts of your body. What do you notice?

## Touch



Touch objects and surfaces nearby. Notice the textures and the sensations on your skin. Is it hard, soft, rough, ridged, cold?

## Count



Count backwards from 20 while walking around the room.

## Listen



Notice all of the sounds that you can hear and try to name the individual sources of the sounds.