

Mental Grounding

1. Ask them to look around the room and name the colours (e.g. all the red objects), count the windows or chairs, describe your environment in detail, e.g. 'I am on the train, I can see trees and a river....', 'Find an object starting with A, then B, then C, hold and describe an object'

Mental Grounding

2. Mental games, e.g. go through the alphabet thinking of different things such as types of dogs, cities etc.

Mental Grounding

3. Age progression, if you have regressed you can slowly go back up eg: I am now 9, 10 etc. until you are back up to your current age.

Mental Grounding

4. Describe an everyday activity in detail, such as how to make a recipe.

Mental Grounding

5. Imagery, for example imagining a stop sign in your head, gliding on skates away from the pain, changing the 'TV channel' in your head to a better 'show' or imagining a wall as a buffer between you and the pain.

Mental Grounding

6. Safety statements, thinking 'I am safe now, I am in the present not the past, I am in this location and the date is.....'

Mental Grounding

7. Use humour, think of something funny.

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8. Use concentration, say the alphabet backwards or practise some tricky sums. Ask them to count backwards from ten to one

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Physical grounding

1. Run warm or cool water over your hands.

Physical grounding

2. Focus on your breathing, notice each inhale and exhale, slow it down and repeat the word safe on each inhale.

Physical grounding

3. Grab tightly onto your chair as hard as you can.

Physical grounding

4. Touch different objects, your pen, your keys etc.

Physical grounding

5. Dig your heels into the floor; remind yourself that you are connected to the ground.

Physical grounding

6. Carry a grounding object in your pocket, a small rock etc. in your pocket that you can touch whenever you feel triggered.

Physical grounding

7. Stretching, extend your arms fingers or legs as far as you can. Clench and release your fists.

Physical grounding

8. Modeling calm in our own breathing, posture and speech

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Soothing grounding

1. Say kind statements to yourself, e.g you will get through this etc.

Soothing grounding

2. Picture people you care about, look at photos of them.

Soothing grounding

3. Think of a safe place, it could be real or imagined, for example the beach, mountains etc.

Soothing grounding

4. Say coping statement such as I can handle this, I have done it before etc.

Soothing grounding

5. Plan a safe treat such as a nice dinner, bubble bath etc.

Soothing grounding

6. Think of things you are looking forward to, like seeing a close friend.

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