



**Working Well**  
Your Occupational Health Service

## GROUNDING

When we're very stressed, we can lose touch with ourselves. This can be a frightening and disorientating experience. Grounding is the term for any technique that brings us back into ourselves, in the present moment. Here are some of the most basic grounding methods, for anyone feeling panicky or 'spacey'.

- Remind yourself who you are – say your name aloud, and your current age
- Feel the ground beneath your feet, or the chair underneath you
- Hold onto something solid – a wall or a table
- Breathe slowly and evenly while counting
- Look around you. Name the things that you see
- Notice what you can hear – label it
- Touch things that feel different – something soft, something rough, something squashy
- Move. Wriggle your fingers, tap your feet, jump up and down, dance
- Run cold water on your wrists. Splash some on your face
- Eat or drink something. Think about how it tastes
- Stretch
- Find someone to talk to