

# Grounding Practices

“If you’re actually in a dangerous situation, like getting chased by a lion, then you should run. If you’re actually safe in the present moment but your body feels like it’s threatened, grounding can calm those perceived threats. When you’re paying attention to both your mind and body under stress, you’ll feel more relaxed — and ultimately, more yourself.”

- Dr Aundi Kolber

Here are some grounding practices that can help you connect to your senses and restore a sense of safety so we can come down from “fight or flight.”

Try verbally explaining to your child what you are doing and why. It can invite them to try it out for themselves. We hope you can find something that feels good for you and works for you.


## Grounding practices



Connecting with our senses




## Grounding practices




Safe and sound

Sound is a sensory input that affects people in different ways. Notice if you are moved to feel relaxed with silence, music or even sound meditation.




## Grounding practices




Supportive Touch

Our body responds to the physical gesture of warmth and care, just as a baby responds to being cuddled in its mother’s arms. When you’re feeling stressed, try placing your hand over your heart.




## Grounding practices




“Scents” of safety

We process smell through the olfactory bulb inside our nose and it is directly linked to two brain areas that are strongly implicated in emotion and memory. Find a scent that is relaxing and calming for you.




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Mindful Eating

We have several opportunities in a day to practice mindful eating - which is where we can slow down, savour our food and notice how it feels for our body.



## 5-4-3-2-1 Grounding Technique

This is a common coping technique for stress and anxiety where you connect with all your senses by naming things you can see, touch, hear, smell and taste. You can combine it with deep belly breathing (balloon breath) for calm.



5 things you can see      4 things you can touch      3 things you can hear  
2 things you can smell      1 thing you can taste

