

# TIPS FOR GROUNDING

## *with a Friend*

If you or someone that you know is experiencing stress or anxiety, grounding is a practice that can help you to put away unwanted memories and negative emotions. It can help to shift your attention from overwhelmed feelings and refocus.



### You can help a friend by following these steps:

- Remain calm.
- Speak softly.
- Don't make assumptions—be sure to ask questions.
- Breathe with them by counting slowly to ten.
- Be supportive, encouraging, and affirming.



### Offer to lead your friend through the following grounding exercise:

- **5 things you can see** - note what you see around you, noting the colours, shapes, sizes, etc.
- **4 things you can feel** - tune into textures or objects around you, including your clothes or the ground beneath your feet.
- **3 things you can hear** - are there things close to you that you can hear? Or perhaps sounds further away.
- **2 things you can smell** - notice if there are lingering smells around you, or even notice the absence of smell.
- **1 thing you can taste** - be aware of your mouth and whether you can taste anything. You may even take a sip of water or take a bite of a recent snack or meal so you can experience the taste again in a different way.

Place your hands into soil to feel grounded. Wade in water to feel emotionally healed. Fill your lungs with fresh air to feel mentally clear. Raise your face to the heat of the sun and connect with that fire to feel your own immense power

-Victoria Erickson-