

## USEFUL MINDFULNESS APPS:



CALM  
MEDITATION FOR STRESS AND ANXIETY



HEADSPACE  
MINDFULNESS FOR SLEEP AND REST



SMILING MIND  
MINDFULNESS FOR ALL AGES



BALANCE  
PERSONALISED MEDITATION FOR SLEEP  
FREE FOR A YEAR



## GROUNDING TECHNIQUES

## INTRODUCTION

AFTER A TRAUMA, IT'S NORMAL TO EXPERIENCE FLASHBACKS, ANXIETY AND OTHER UNCOMFORTABLE SYMPTOMS. GROUNDING TECHNIQUES HELP CONTROL THESE SYMPTOMS BY TURNING ATTENTION AWAY FROM THOUGHTS, MEMORIES, OR WORRIES, AND REFOCUSING ON THE PRESENT MOMENT.

## 5 - 4 - 3 - 2 - 1 TECHNIQUE

A CALMING TECHNIQUE THAT CONNECTS YOU WITH THE PRESENT BY EXPLORING THE FIVE SENSES. TRY AND NOTICE SMALL DETAILS YOUR MIND WOULD NORMALLY TUNE OUT, LIKE DISTANT SOUNDS, OR THE TEXTURE OF AN ORDINARY OBJECT.



## GROUNDING SMELLS AND TASTES

THE 5, 4, 3, 2, 1 TECHNIQUE CAN TAKE SOME TIME AND A LOT OF THINKING POWER. THIS CAN MAKE IT HARD TO USE WHEN YOU'RE EXPERIENCING A FLASHBACK.

- IT CAN BE USEFUL TO CARRY A 'GROUNDING SMELL' (E.G. LAVENDER, SMELLING SALT, OLBAS OIL) OR A 'GROUNDING TASTE' (E.G. STRONG MINTS, ICE, CHEWING GUM).
- THESE ARE QUICKER WAYS OF GROUNDING YOU BACK IN THE PRESENT MOMENT AND CAN BE USED AS SOON AS YOU NOTICE YOURSELF BEING DRAWN INTO A FLASHBACK, FEELING CONFUSED OR DISORIENTATED.



## OTHER TECHNIQUES YOU CAN TRY:



- RUN COLD WATER OVER YOUR WRISTS OR SPLASH COLD WATER ON YOUR FACE
- KEEP THINGS NEAR YOU/IN YOUR POCKET YOU CAN TOUCH/SMELL/FOCUS ON (E.G. STRESS BALL, ESSENTIAL OILS, A PICTURE WHERE YOU LOOK TRULY HAPPY/RELAXED)
- CURL YOUR FEET UP TIGHT AND THEN STRETCH THEM OUT
- LISTEN TO A VOICE RECORDING OF A PERSON WHO MAKES YOU FEEL SAFE
- WRITE A LETTER REMINDING YOURSELF OF WHY YOU ARE SAFE NOW, AND CARRY IT WITH YOU.

