

# GROUNDING AND RELAXATION TECHNIQUES

## What are relaxation and grounding techniques?

Relaxation techniques are ways of calming your body and mind when you feel stressed, anxious, or overwhelmed. They help slow down racing thoughts, ease tense muscles, and give your brain a chance to reset.

Grounding techniques are strategies that bring your focus back to the here and now. They're especially helpful when your thoughts or feelings feel "too big" or when you feel stuck in worry, panic, or painful memories.

## Why are they helpful?



Calm your mind – they stop overwhelming thoughts from taking over.



Relax your body – reduce muscle tension, racing heart, or restlessness.



Bring focus – help you concentrate on what's happening right now.

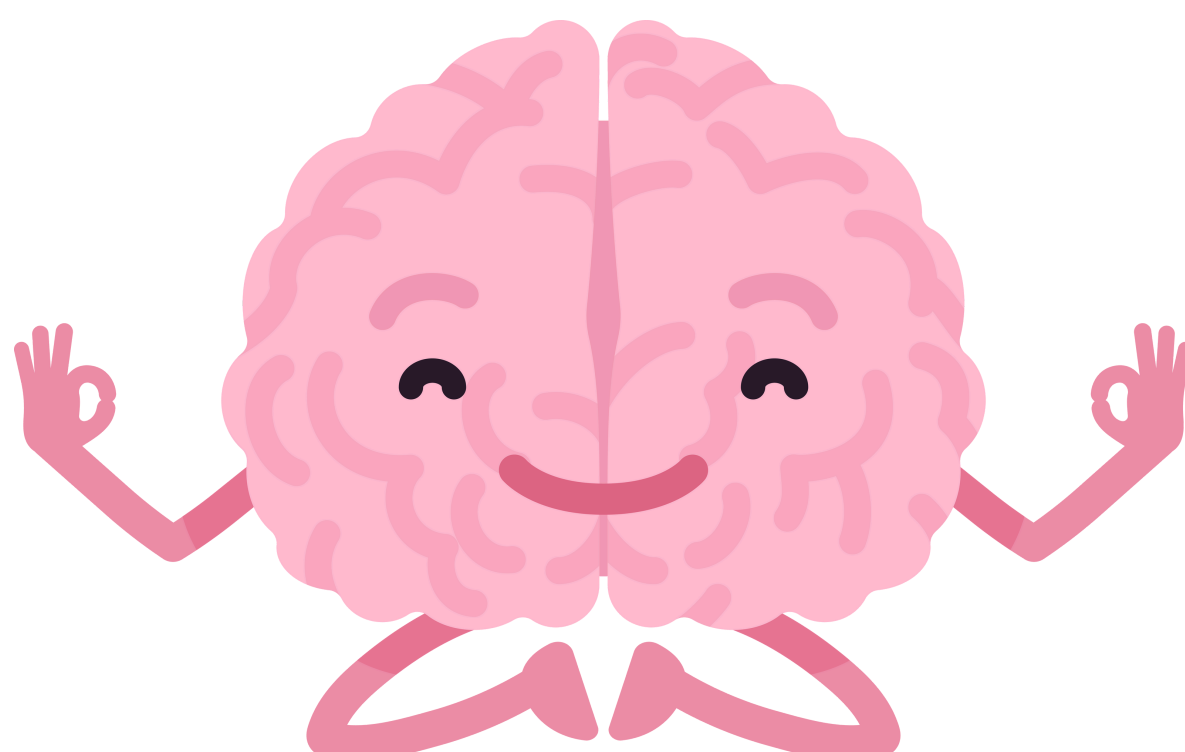


Break negative spirals – stop stress, anxiety, or strong emotions from building up.

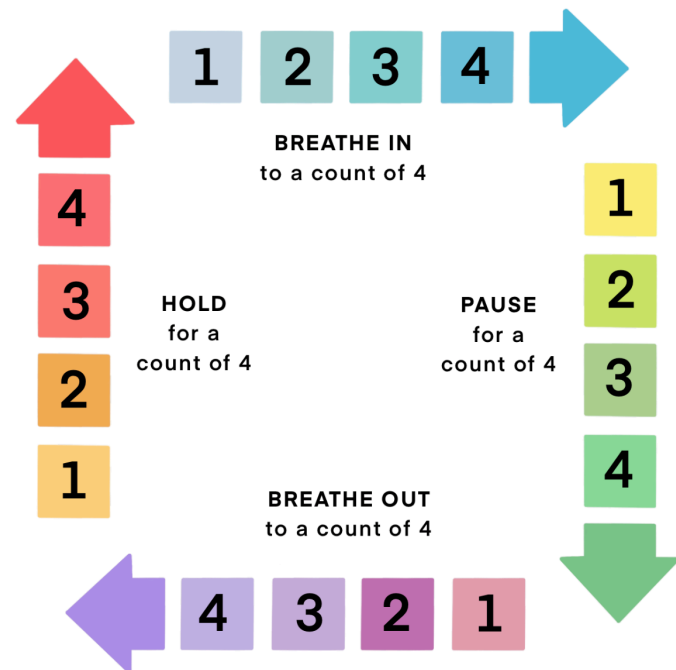


Boost wellbeing – they create space to feel safe, steady, and more in control.

**These techniques don't make problems disappear, but they give you the tools to handle them in a healthier way.**



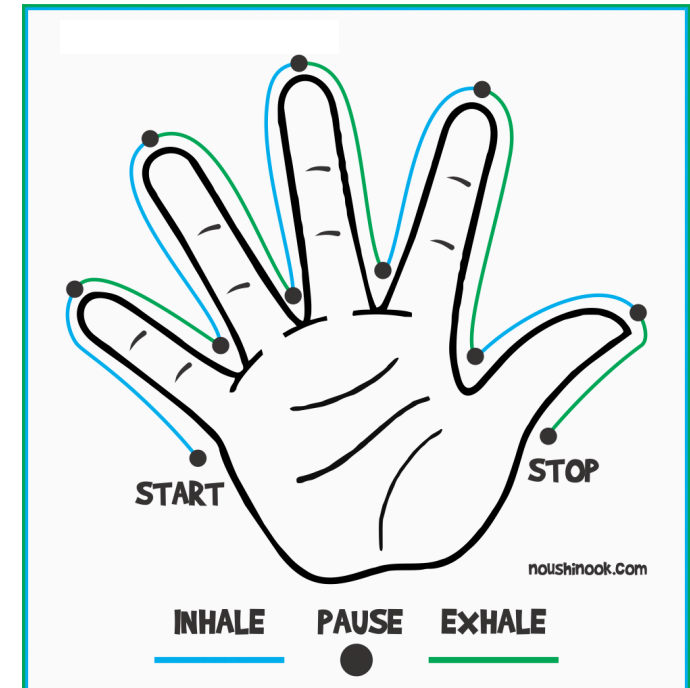
# BREATHING TECHNIQUES



**Box Breathing**



**Hot Chocolate Breathing**



**5 Finger Breathing**

Put one hand on your chest and one hand on your stomach. Take a deep breath in slowly through your nose for 4 seconds; both your hands should rise gently as you breathe. Hold the breath for 4 seconds. Release the breath slowly for 6 seconds. Repeat

Imagine holding the hot chocolate. Breathe in through nose to smell the chocolate, slowly 1,2,3,4,5. Breathe out through your mouth to blow on the hot chocolate to cool it, slowly count 1,2,3,4,5. Repeat until you feel calm

Trace around your fingers beginning at the base of your thumb. As you trace your finger up to the tip of your thumb inhale through your nose slowly. When you reach the top, pause briefly, then exhale as you trace down the other side of your thumb. Continue tracing up and down your fingers and repeat as needed

# GROUNDING TECHNIQUES

## Rainbow Grounding



Pick one colour. Look around you and name 5 things that colour

# GROUNDING TECHNIQUES

## 5,4,3,2,1 -

Relax your body, take a few deep breaths and focus on the following...

5

Things you can see



4

Things you can feel



3

Things you can hear



2

Things you can smell



1

Things you can taste

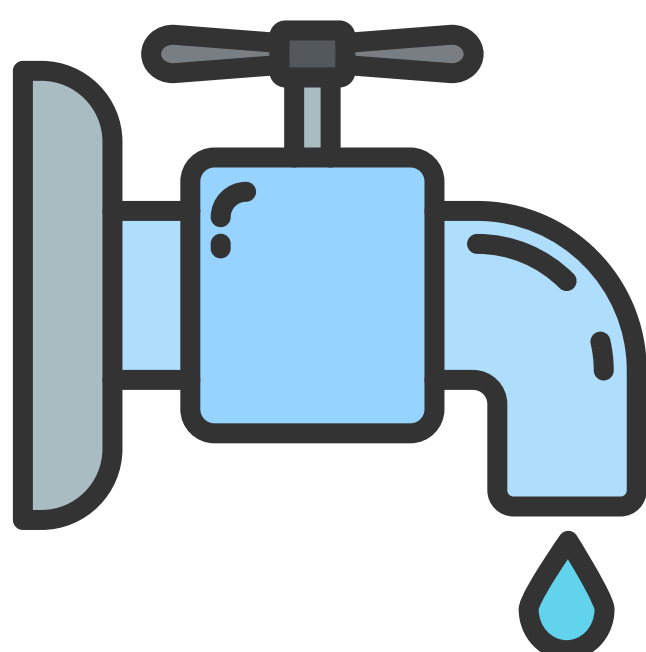


## Ice Cold Hands



Grab a piece of ice in your hands (or imagine). Feel the texture of the ice. What does it feel like as it melts in your hands? What happens when you put it in a cup or on the table? Does it melt more quickly in your closed fist, or in your open palm? Feel the cool sensation on your skin.

## The Water Technique

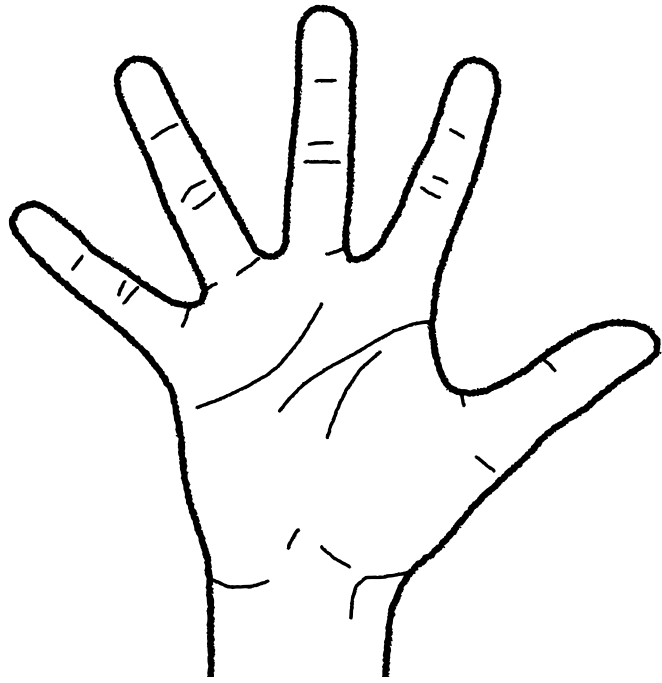


Put your hands under a tap of warm running water. Focus on the water's temperature as it runs over your palms, fingertips and the back of your hands. Now, change the water temperature to cold and once again notice the different sensations as the water flows over both sides of your hands. Repeat slowly 3 or 4 times.



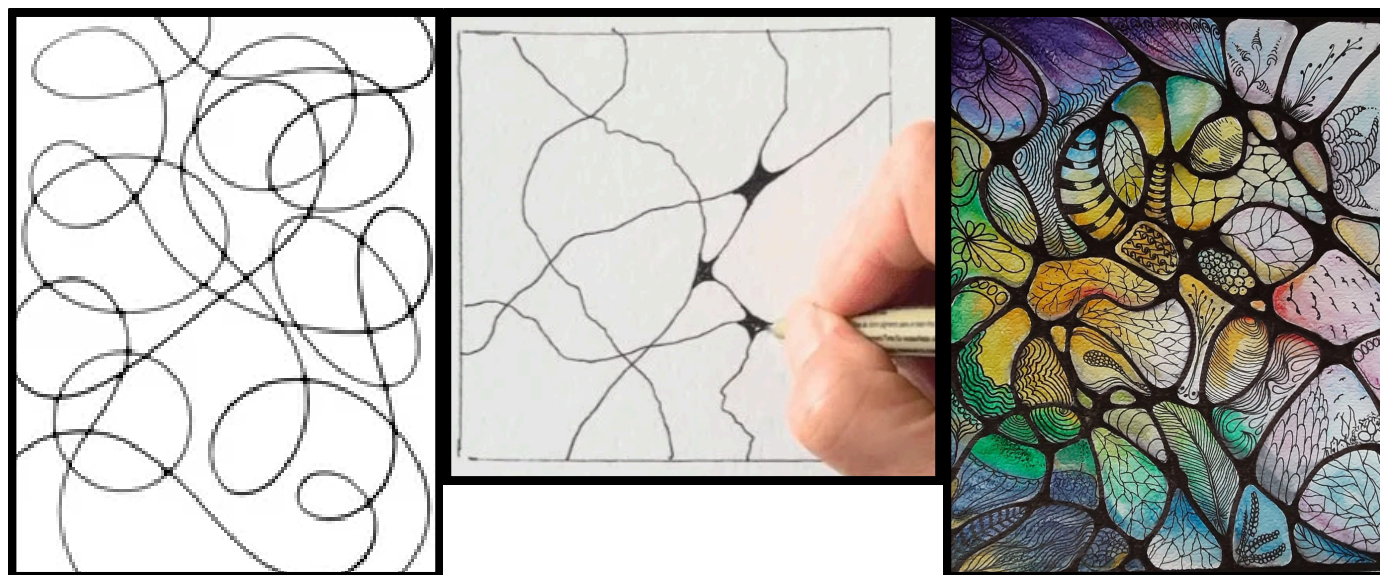
# GROUNDING TECHNIQUES

## Hand Trace



Trace the outline of your hand on to paper with using a pen or pencil, then create patterns or colour inside of the hand. Focus on creating detailed designs.

## Neurographic art



Draw random lines all over a piece of paper, don't think about it just squiggle whatever comes. Then go back and where any lines intersect/cross over round those edges off (see diagram) once you have done this to all the edges you can then add colour and or patterns. This can be very relaxing and calming.

## The Grounding Chair



Designate a chair the "Grounding Chair". If possible, place the chair in a spot with a view making sure your feet touch the floor. It could be looking out of a window or something you enjoy looking at. When you need to feel grounded, sit in the chair. Feel your feet planted in the ground. Sit up straight, and enjoy the view. What do you see? Look for details and describe them to yourself.



# GROUNDING TECHNIQUES

## Paired Muscle Relaxation

Begin by finding quiet space and get in a comfortable position, you could stand, sit or lie down. Make sure there aren't any distractions

1) Take a deep breath through your nose.....then breathe out through your mouth

2) Scrunch up your face..... then relax it

3) Tense up your shoulders..... then relax them

4) Tense up your chest..... then relax them

5) Tense your arms.... then relax them

6) Tense your hands..... then relax them

7) Tense up your thighs... then relax them

8) Tense up your calves... then relax them

9) Tense up your feet... then relax them

Take a deep breath in and as you exhale feel some of the tension leave your body. Continue this process until your body feels more relaxed

# **GROUNDING TECHNIQUES**

## **Body Scan Meditation**

This quick body scan meditation can be a simple yet effective way to enhance your mindfulness and promote relaxation.

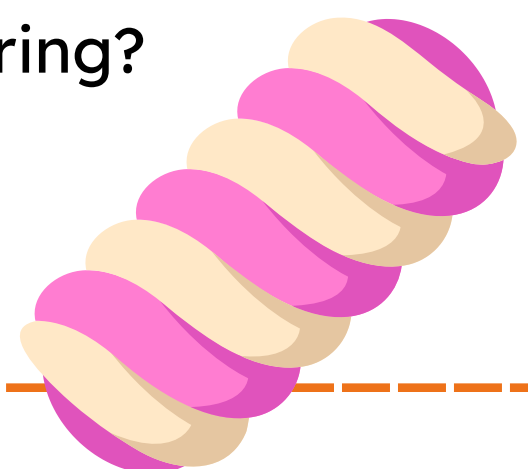
1. Settle into a comfortable position: you can lie down or sit comfortably
2. Take a few deep breaths: Inhale and exhale deeply to bring yourself into the present moment.
3. Scan your body: Notice sensations in your feet, legs, back, stomach, and hands. Allow each part to relax and notice any tension or discomfort.
4. Repeat the process: Continue scanning your body systematically, paying attention to any sensations that arise without trying to change them.
5. Practice regularly: Aim to practice three to six days a week for four weeks to reap the benefits of the body scan.



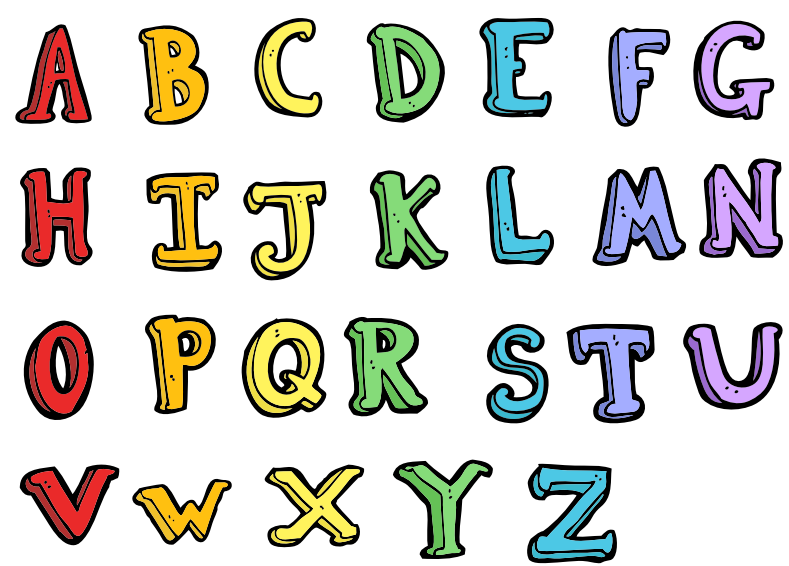
## **Mindful Eating**

Mindfulness is the process of bringing our consciousness or attention to the present moment without judgment or attachment. It involves recognizing when our mind is caught up in a specific thought and bringing it back to the present moment.

1. Select a piece of food, something small you like the taste and texture of.
2. Look at the food, what does it look like? How does it feel to see it, do you notice any bodily sensations? Describe what it looks like.
3. Hold the food, touch it, what does it feel like, is it smooth, bumpy, sticky? Is it cold, dry, wet? Describe what it looks like.
4. Bring the food to your nose and smell it, describe what it smells like, is it sweet or sour? How do you feel smelling it? Is your mouth watering?
5. Put the food in your mouth, what does it taste like? How does it feel to finally be able to eat it?



## The Alphabet Game



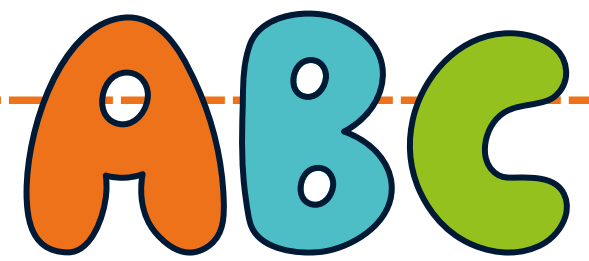
Pick a category for example fruits and go through the whole alphabet naming a fruit for each letter of the alphabet, apple, banana, clementine etc. You can do this for anything, football teams, types of cake, chocolate bars, makes of cars, be creative.

## Counting Backwards

Try counting from 50, 100, 1000. If you get muddled or confused continue from the number you got to or go back to the beginning.

## Reciting The Alphabet Backwards

If you cant already try reciting the alphabet backwards, if you get muddled or confused go back to Z and try again. if this becomes too frustrating stop. It can be helpful when you struggle to turn off your thoughts when trying to get to sleep.



## Journaling or Keeping a Diary

Writing in a journal or diary is like having a safe space to get everything out of your head. It helps you understand your thoughts and feelings, spot what's been stressing you out, and notice what makes you feel better.

You can write, draw, or even list things — there's no right or wrong way. It's a simple way to release emotions, clear your mind, and take care of your mental health.



## Spending Time with Animals

Spending time with animals can help you feel calmer, happier, and less stressed. They give comfort without judging, and caring for them can give you purpose and routine. Even a few minutes petting or playing with an animal can lift your mood and help you relax.

