

Grounding Skills

Sometimes, strong emotions (and especially trauma responses) can sweep us away and out of the present moment. Our feelings can get so strong that we feel overwhelmed. Grounding skills help us come back to the present moment by using our senses to reconnect with what is going on around us. These skills are available to us no matter where we are!

3-2-1



Name **3** things you can see



Name **2** things you can physically feel



Name **1** thing you can hear



Repeat until you feel calmer.

Backside Body Scan

Take some time to slowly let your mind scan the backside of your body, starting with your feet.

- Focus on what your feet are touching. Take a few deep breaths and gently press them into your shoes and the ground beneath them. See if you can imagine your feet growing roots into the earth.
- What are your legs touching? Can you sit down if you are standing? Focus on the fabric or air or chair that your legs are touching. What are you noticing about what your legs are touching?
- Focus on your spine and shoulders, letting your shoulders gently relax down into your spine.

Calming Touch



Cross your arms and rub from shoulders to elbows



Massage your own neck or shoulders



Hold your head – forehead and back of head

Engage Your Mind

Name all of the states in alphabetical order

Count backwards from 100 by 7

Say the alphabet backwards

Look around and try to pick out which color there is the most of in the room

