

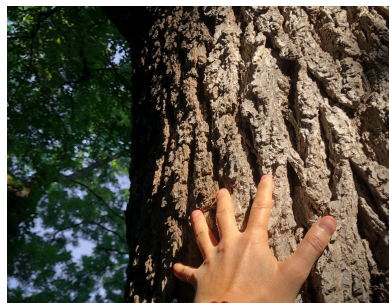


Toolkit 1 - Leaning Unit 1 Pre intervention

Activity 3 Grounding

You plan to be part of a first aid intervention. You may feel **some body sign of distress** for yourself. You should also be willing to help out some people, victims or coworkers. Either way, we suggest you to do or share this activity Grounding. **It would help you or others to stabilise.**

You may find ourselves or others overwhelmed with emotions. The Grounding Techniques is used to controlling intense emotional experiences by by focusing attention on the **present moment**, and **bringing attention back to reality**. Grounding is designed to immediately reconnect someone with the here-and-now. Grounding works by turning your attention from your thoughts back to the outside and reel world.



[Photo by Ralph \(Ravi\) Kayden on Unsplash](#)

Be sure to keep your eyes open while you're grounding yourself so you're aware of everything that's going on around you





GROUNDING EXERCICES

Simple grounding things to see, hear, feel

- Sit in a comfortable position with your legs and arms uncrossed.



- Breathe in and out slowly and deeply.

- **Look around you** and name some non-distressing objects **that you can see**. For example you could say, "I see the floor, I see a shoe, I see a table, I see a chair, I see a person."



- Breathe in and out slowly and deeply.

- Next, name some non-distressing sounds **you can hear**. For example: "I hear a woman talking, I hear myself breathing, I hear a door close, I hear someone typing, I hear a cell phone ringing."



- Breathe in and out slowly and deeply.

- Next, name some non-distressing things **you can feel**. For example: "I can feel this wooden armrest with my hands, I can feel my toes inside my shoes, I can feel my back pressing against my chair, I can feel the blanket in my hands, I can feel my lips pressed together."

- Breathe in and out slowly and deeply.



5-4-3-2-1 Grounding technique



What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.



Grounding may be used to stabilise victims in a pre intervention settings, to be learned by caregivers for themselves and also as a way of coping with flashbacks or dissociation in case of post-traumatic stress disorder (PTSD).

* The term 'grounding' was used by Alexander Lowen in 1976 in his 1976 book Bioenergetics . For him people are "physically, emotionally, and energetically grounded to the earth" and that people who are "in touch with reality" literally have their "feet on the ground" (Lowen, 1993).

