

## GROUNDING

Present, here-and-now awareness. Grounding is the process of connecting with the present moment so that you can connect with your resources and options. Grounding involves two distinct factors: awareness *and* connectedness.

- **Sight**- open your eyes, look around; name present day sights; connect with them (“this is my driver’s license,” etc.); realize that you’re an adult; look at how tall you are.
- **Sound**- listen for present day sounds and name them; let them bring you closer to the present; talk to yourself inside; say comforting things, play music
- **Taste**- suck on a peppermint; chew gum; drink coffee; use tastes that are connected with being safe and being an adult; carry these things with you at all times
- **Smell**- use comforting smells, scented candles, nature smells, fresh cut grass or baked cookies to remind you of being present, carry something with you that you can use anywhere
- **Touch**- hold an object that means a lot to you, like a photograph or a stone you found; feel textures and let them bring you closer to the present; pet your cat or dog; do some work with your hands- building, gardening, or small household chores; connect with a loving presence in your life and let it help you remain in the present; carry a note or small object from someone you love.

### Grounding kit:

One way to work in grounding is to create a grounding kit. A grounding kit can provide you with ready access to things that strengthen your awareness and connections. Add small things that help you focus on present awareness, support, and comfort.

Items to use to ground yourself:

<b>Sight</b>	<b>Sound</b>	<b>Smell</b>	<b>Taste</b>	<b>Touch</b>
Watch or clock	Music	Nature	Peppermint	Lotion
Photograph	Nature sounds	Cooking	Cinnamon	A stone
Outdoors	Familiar sounds	Scented lotion	Lemon	Ice cube
Driver’s license	Your voice	Essential oils	Chewing gum	Pets

Vermilyea, Elizabeth. G. (2013). *Growing Beyond Survival: A self-help toolkit for managing traumatic stress*. The Sidran Institute.

List some of the things you can do to get grounded using your 5 senses.

**Sight** (Example): *When I hear my children playing, I can look at them and tell myself, "These are my kids, and it's natural for kids to yell, they are safe."*

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**Sound:** *I can learn to listen to the noise to identify what kind of yelling I am hearing. I can tell myself, "Those people are cheering. They are happy and excited. They aren't in danger. I am not in danger."*

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**Taste:** *I like the taste of cinnamon gum. I carry it with me all the time and can focus on the taste of the gum to help me feel more grounded.*

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**Smell:** *My partner uses a certain kind of fabric softener in the laundry. When I play with the kids, the smell of their clothes helps to keep me focused on the present.*

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**Touch:** *I keep a smooth piece of hematite rock in my pocket. I hold it when I feel upset.*

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