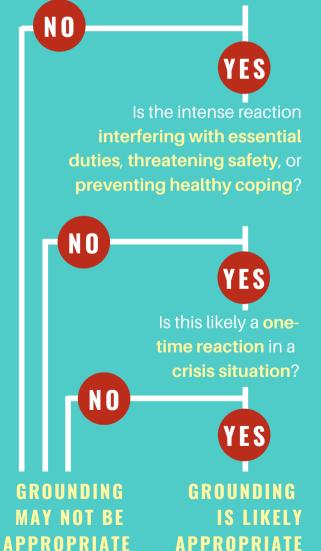
GROUNDING A SHORT-TERM COPING SKILL FOR INTENSE REACTIONS



IS GROUNDING APPROPRIATE?

Is the person **unresponsive**, **panicked**, or **frantic**? Are they **stuck** in their anxiety?



HOW TO PRACTICE GROUNDING



Sit comfortably and **breathe** slowly and deeply into your belly.



Name 5 non-distressing things you can **see** around you.



Pause and breathe.



Name 5 non-distressing sounds you can **hear** around you.



Pause and **breathe**.



Name 5 non-distressing things you can **feel** against your skin.



Pause and breathe.

Trauma Research Innovations // University of Washington School of Medicine, Department of Psychiatry and Behavioral Sciences