



# 4 -PTSD GROUNDING TECHNIQUES

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## USING THE 5 SENSES

Practice this sensory tool starting with naming :

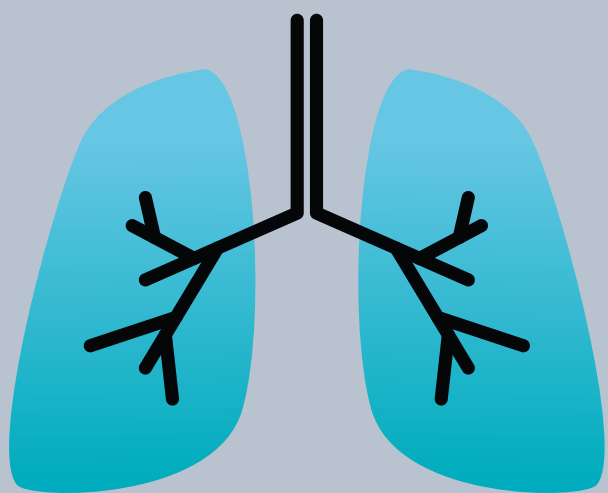
**5 things you can see.** Have a look around where you are: is there a clock on the wall, what colour is the kettle, what shoes you are wearing

**4 things you can feel.** A tactile object, the shape of a spoon, scrunching paper

**3 things you can hear.** A dog barking, a siren, the rain on the window.

**2 things you can smell.** Coffee, perfume/aftershave or flowers

**1 thing you can taste.** The toothpaste from the brushing your teeth, a sweet that is sour/ strong in flavour

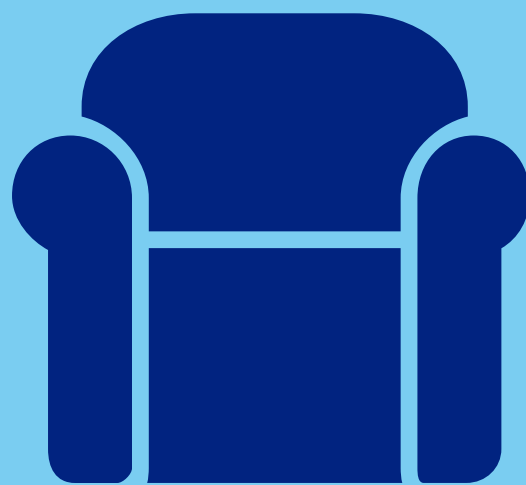


## PRACTICE DIAPHRAGMATIC BREATHING ("BELLY BREATHING")

Practice diaphragmatic breathing ("belly breathing"). Trauma survivors and anxious people will often hold their breath or breathe very shallowly from the chest. This deprives you of oxygen which can make your symptoms feel more intense. Stopping and focusing on deepening and slowing your breathing can bring you back to the moment.

## GRAB TIGHTLY ONTO YOUR CHAIR AS HARD AS YOU CAN.

And dig your heels into the floor—literally "grounding" them. Notice the tension centered in your heels as you do this. Remind yourself you are connected to the ground



## BEING MINDFUL OF WALKING

Walk slowly. Notice each footstep, saying "left" or "right".



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