



GROUNDING BODY AWARENESS

After trauma, Flashbacks, anxiety, and other uncomfortable symptom are very normal responses. To help you, Grounding techniques can control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

These 8 body awareness techniques will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

- 1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.**
- 2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.**
- 3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.**
- 4. Clench your hands into fists, then release the tension. Repeat this 10 times.**
- 5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.**
- 6. Rub your palms together briskly. Notice and sound and the feeling of warmth.**
- 7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.**
- 8. Take 5 more deep breaths and notice the feeling of calm in your body.**

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