

## **GROUNDING STRATEGIES**

### **Morning routine:**

#### **Before getting out of bed:**

- Consider a productive affirmation for the day.
- Visualise yourself dealing with the day's plans and how it will feel to have managed well at the end of the day.
- If you can, connect with physical sensations in the body and how you are feeling this morning.
- More breathing and practising an \*anchor will support you to feel calmer and grounded and ready for the day.

#### **Upon getting out of bed:**

- Consider 3 things you are grateful for today.
- Practice another mindful activity such as focused breathing, a mindful breakfast, a hot shower, some yoga etc or simply stretch your body and connect with how this feels.

### **Daily activities:**

- If you're finding yourself feeling anxious and/or you find yourself overthinking or ruminating, bring your focus to all your senses in that moment. What can you see, hear, taste, touch, and smell?
- Use your anchor.
- If thoughts continue to pop in, acknowledge them and let them go and return to your 5 senses.
- If thoughts are persistent, try the STOPP technique – visualise a big red STOP sign and:

**S**top for a moment

**T**ake a breath

**O**bserve the thoughts and be curious about them

**P**ull back – gain some perspective – rationalise.

**P**roceed with your day

- You can use **\*\*thought records** to support the STOPP technique, find your evidence for and against the thought and find a healthier viewpoint.
- Sometimes, the Stop sign can be enough in the moment, stop the thought and distract yourself with a planned happier thought such as a holiday you remember or a joke that makes you laugh and so on.
- Practice mindfulness throughout your day, with each meal, every drink, every look through the window, every step you take to the bathroom, every doorknob you turn and so on, be present in every action.
- Add another level to focusing on your senses, challenge yourself to find 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.
- Make time for short breaks to do enjoyable things throughout the day – read a chapter of a book, spend 10 minutes drawing or colouring, take time out for some embroidery etc.
- Give yourself a hug if you need one.

### **Evening routine:**

#### Before bed:

- Switch off all electronics and spend some time on any of the above strategies to help you wind down for the evening.
- Reflect on your day, what did you enjoy? What did you overcome? What went well? What were you grateful for? Etc
- Journal your thoughts and feelings – getting them out onto a page clears your mind and supports you to feel calmer and more in control.
- Make a plan for tomorrow that helps you balance productivity, fun and relaxation and helps you focus on your health and wellbeing.
- Do some light exercise if you find this helps you relax. Some stretching or yoga can help you work on relaxing your muscles for bed.

#### Going to bed:

- Practice meditation. Guided meditation apps are useful for this.
- Consider how comfortable your bed is, how your bedding feels around you, how **safe** and relaxed you feel.
- Get a good night's sleep and look forward to doing it all again tomorrow!

\*an anchor is any action we take that makes us feel calm and relaxed, it can be anything from rubbing your hands to playing with a necklace or a watch or your hair. If we practice this movement when we are in a calm and relaxed state, our brain connects the sensation of the movement to the feeling of calm and so, when we use it in stressful situations, we trick our brain into believing we are calm there also.

\*\*a thought record helps you record the situation, your feelings, and your thoughts, and encourages you to find evidence for and against your 'hot' thought followed by a new way of thinking about your situation. In rationalising your thought, you reduce the difficult feelings associated with it. You can find a copy of a thought record in the self-help resource section.