

# Grounding Techniques

To help manage the symptoms of trauma.

## SELF-HELP TOOLS

These are just a few tips that can help. Try other ways of coping that may help you.

## SELF-CARE

Relaxation, exercise and a balanced diet also help reduce stress reactions.

## SEEK EXPERT HELP

These tools are a great start, but getting help from a professional is always a good idea.

## HAVE AN EAP

Employee Assistance Programs are designed to provide services that promote the mental health of your employees. Available 24/7 and completely confidential, CorpCare is always here to aid in providing emotional support and mental health counseling for your team. Interested in adding EAP to your organization? CorpCare is here to help. Give us a call today.



CorpCare

877.843.6036

*5-4-3-2-1 Technique helps ground you during anxiety or panic by bringing you to the present with using all your senses and interrupting unhealthy thoughts.*



### 5 – Things you can see

A pen, a plant, your hand, a spot on the wall, anything around you

### 4 – Things you can feel

Sun on your skin, rain, texture of your shirt, pen in your hand, ground under your feet

### 3 – Things you can hear

Traffic, clock, trees in the wind, your breathing

### 2 – Things you can smell

Air freshener, grass, rain, car exhaust

### 1 – Thing you can taste

Candy, gum, coffee, the air

*Body Awareness will bring you to the here-and-now by directing your focus to sensations in the body.*

- 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.

If you need to add an Employee Assistance Program, CorpCare is here to help. Contact us today at 877.843.6036.