

These techniques can help you come back to the present moment, settle your nervous system, and feel more connected to your body and surroundings.

The ability to orientation is important no matter what we do.

To help us navigate the future or reconcile the past we need to be able to bring ourselves back to the present time in any moment. The more we build this muscle the more we can deal with anything that comes our way.

Breath and Body Awareness

Take conscious breaths

Breathe in slowly, then breathe out gently through your mouth.

Lengthen the exhale

Allow the out-breath to be a little longer than the in-breath.

Place a hand on your chest or stomach

Notice the warmth of your hand and the movement of your breath.

Feel your body from head to toe

Notice your shoulders, arms, hands, stomach, legs, feet, and toes.

Body scan

Scan your body and bring yourself back into present time

<https://www.beyondtalk-therapy.com/body-scan>

Meditation

<https://www.beyondtalk-therapy.com/meditation>

Sensory Grounding

Orient to the room

Look around and find something neutral or calming. Notice its colour, shape, texture, and detail.

5, 4, 3, 2, 1 grounding

Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Touch something nearby

Notice whether it is soft or hard, warm or cool, heavy or light.

Drink water slowly

Notice the water in your mouth, throat, and body.



Regulation and grounding techniques

Savour a food or drink

Take a small bite or sip. Notice the taste, smell, texture, and aftertaste.

Notice sounds around you

Listen for nearby and distant sounds. Let them remind you where you are.

Use a calming scent

Smell tea, coffee, soap, essential oil, a candle, or something familiar.

Physical Grounding

Butterfly taps

Cross your hands over your chest and gently tap your upper body, alternating left and right.

Feel your feet on the floor

Press your feet into the ground. Notice the support beneath you.

Wiggle your toes

Bring your attention to your toes, feet, and the feeling of contact with the floor.

March on the spot

March while standing, or move your feet up and down while seated.

Go for a short walk

Notice each step, the rhythm of walking, and the feeling of your feet touching the ground.

Rub your upper forearms

Slowly rub or hold your forearms. Notice warmth, pressure, and touch.

Stretch gently

Move slowly and notice what your body feels like as you stretch.

Splash water on your face

Use cool water and notice the sensation on your skin.

Put your hands in water

Notice the temperature, pressure, and feeling of the water on your hands.

Use something cold

Hold a piece of ice, or place a cold compress on the back of your neck.

Mental Grounding

Use an anchoring statement

Say to yourself:

“My name is _____. I am ___ years old. Today is _____. I am in _____. Right now, I am safe enough in this moment.”

Count backwards

Count backwards from 50 or 100.

Think in categories

Name as many animals, colours, songs, foods, or places as you can.

Describe a simple task

Talk yourself through making tea, folding washing, brushing your teeth, or locking the door.

Describe what is around you

Use detail. For example: "The chair is firm. The wall is white. I can hear traffic outside."

Soothing and Comforting**Hold something comforting**

Use a blanket, cushion, smooth stone, scarf, or soft object.

Picture someone supportive

Imagine the face or voice of someone who helps you feel steady.

Use kind self-talk

Try:

"This is a hard moment, but I can move through it."

"I don't have to fix everything right now."

"I can take one breath, then the next."

Sit with a pet

Notice their warmth, fur, breathing, or presence.

List favourite things

Name favourite songs, foods, books, places, movies, or memories.

Visualise a safe or calming place

Imagine what you can see, hear, smell, and feel there.

Listen to music

Choose something calming or familiar. Notice the rhythm, sounds, and words.

This bilateral music can help. Listen to it through headphones/ ear pods as the music moves from ear to ear and helps to regulate and balance the brain. Find a track that you like and use it as often as you need.

<https://www.beyondtalk-therapy.com/brainspotting>