Recommendations for Grounding
Working with Survivors of Violence During COVID-19

HELP TRAUMA SURVIVORS MANAGE FEAR AND ANXIETY

BREATHE
Deceptively simple but extremely helpful, breathing is a tool that's always available.
Slowly breathe for a count of 6.
Hold your breath for a count of 2.
Breathe out over a count of 4.

RETURN TO YOUR BODY
Start from your feet and move up to your head. Notice how your feet feel on the floor, notice your legs against your chair, and then your arms on the chair, and your back and then move your head side to side.

RETURN TO YOUR SURROUNDINGS
Look around the room and identify four things that are blue, three things that are yellow, two things that are orange and one thing that is red.
(You can substitute other senses - i.e. things you smell.)

BE GENTLE WITH YOURSELF
We are all transitioning to a new normal. Many of us have children home all day, are newly unemployed, or are caring for sick loved ones. You're not going to be perfect at this.

The National Resource Center for Reaching Victims
Helping those who help others

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