

Recommendations for Grounding

Working with Survivors of Violence During COVID-19

HELP TRAUMA SURVIVORS MANAGE FEAR AND ANXIETY



HEADSHOT IMAGE, LINES AND DOTS AROUND HEAD

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.



Person with arms in the air



BEDROOM

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.



HAND HOLDING PLANT