

Grounding & Centering

Techniques to bring you back to yourself

Grounding is not about calming down. It's about coming back — back to your body, back to the present, back to yourself. When you're grounded, you can respond instead of react.

THE 5-4-3-2-1 TECHNIQUE

A sensory grounding technique that anchors you in the present through your five senses. Work through each slowly and intentionally:

- 5 things you can SEE — notice details: colour, shape, shadow, texture
- 4 things you can physically TOUCH — feel weight, temperature, texture
- 3 things you can HEAR — near sounds and distant sounds
- 2 things you can SMELL — or recall your two favourite smells
- 1 thing you can TASTE — notice what's present in your mouth right now

Spend 10–15 seconds on each sense. Slow down. The slowness is the practice.

FEET ON THE FLOOR

Remove your shoes if possible. Place both feet flat on the ground. Feel the pressure of the floor beneath you. Press down gently and notice the earth holding you.

Take three slow breaths and say inwardly: 'I am here. I am safe. This moment is enough.'

Especially powerful after difficult conversations or when dissociation begins.

SHORT BODY SCAN

Sit comfortably. Close or soften your eyes. From the top of your head, scan slowly downward:

- Scalp, forehead, jaw — notice tension, soften it
- Neck, shoulders, chest — take a breath here
- Belly, lower back — breathe into any holding
- Hips, thighs, knees, calves, feet

No fixing needed. Just noticing. Awareness alone shifts your nervous system state.



Do no harm. Take no shit.

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CENTERING PRACTICES

Heart-Centred Breathing

Place your hand on your heart. Breathe as if breath flows in and out of your heart centre. Think of something or someone you genuinely appreciate for 60–90 seconds. This shifts your heart into coherence.

The Anchor Word

Choose one word that represents your most grounded self — 'here', 'steady', 'soft', 'rooted'. When activated, repeat it on each exhale for 2–3 minutes.

Safe Place Visualisation

Close your eyes. Imagine a place — real or imagined — where you feel completely safe. Notice what you see, hear, smell. Stay for 3–5 minutes. Return whenever needed.

These are not coping mechanisms to get rid of feeling. They are bridges back to yourself so you can be with the feeling instead of being swept away by it.