

Grounding Yourself (GY)

- **CORE CONCEPT:** Grounding exercises bring you back to the here and now.

Grounding exercises assist us when we drift from the present moment or when we struggle with dissociation, feeling unreal, or PTSD symptoms. Leaving reality is a skill when reality would be too painful for anyone bear. At the same time, leaving reality is less effective when we are distressed but not in imminent psychological and/or physical danger. In these situations, we need to develop more useful coping skills.

Practice these exercises proactively, and they will decrease symptoms of dissociation and derealization. Remember to bring your mindfulness skills along:

- Open your eyes and Observe and Describe your surroundings in detail.
- Who or what is around you? You are here, now. The more detail, no matter how minor, the better.
- Work your senses: Name what you see, hear, smell, and touch right here and now, again using as many details as possible.
- Use the Sensations skill from ACCEPTS. Practice the variations of Sensations.
- Observe your body in contact with your chair. Feel your back, behind, and back of your legs in connection with the chair. Feel your arms in connection with the armrests or your lap. Feel your feet firmly planted on the ground. Now think about how your body is connected to the chair, which is connected to the floor, which is connected to the building, which is connected to the earth.
- Breathe slowly and deeply, counting your breaths.
- Get up and stretch out, feeling your body and moving about.
- Repeat a mantra such as “this is now and not then.”

List other ways to ground yourself:
