

Feeling overwhelmed?

Try this quick grounding exercise

A grounding exercise is a way that you can bring yourself back to the present moment.

It can be used any time or place and no one has to know that you are doing it.

Don't worry about trying to 'get this right'. Focus on using these ideas in the ways that are most helpful to you. Don't be annoyed with yourself if it takes a while for these to 'work' – that's normal



Observing painful thoughts

Let thoughts come and go. Sometimes our thoughts go around and around in our mind. We feel they are a part of us.

Trying not to think about something does not help.

- 1. Choose a quiet place.**
- 2. Sit in a comfortable chair, with your eyes open or closed.**
- 3. Notice your thoughts as they come and go – it doesn't matter if they are good or bad. They are only thoughts.**
- 4. Imagine your thoughts are leaves on a river – watch the leaves gently drift away down the river.**
- 5. You don't need to do anything else with these thoughts, just watch them drift away**

Remember it is OK to cry, to feel overwhelmed, to feel anger, to feel deep pain. These emotions are not nice, especially when you experience them often. But they are part of being human. Try not to be frustrated with yourself for feeling this way because what you're feeling is valid.