

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



Protective figure or animal

When going into difficult situations, imagine having a protective figure or animal who comes with you.

It might be a wolf or lion, which walks beside you and can scare away any unwanted situations.

It might be a beloved family member, or a religious/spiritual figure, who can walk beside you and enable you to feel calm.

Bring the image of them beside you into the difficult situations.

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.