

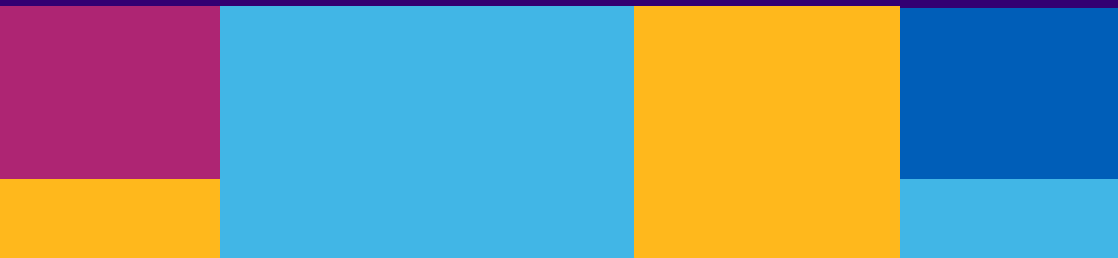
Feeling overwhelmed?

Try this quick grounding exercise

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

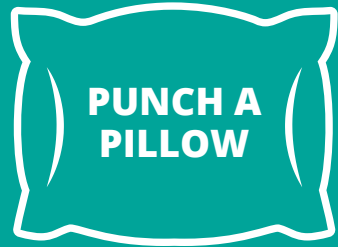
It can be used any time or place and no one has to know that you are doing it.

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



Quick Sensory Kicks

Put some loud
(energising)
music on



Smell something
strong –
peppermint oil,
strong coffee, TCP.



*Put an elastic
band around your
wrist and flick it*

**Splash your face
with cold water**

**Have a hot
shower**



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.