

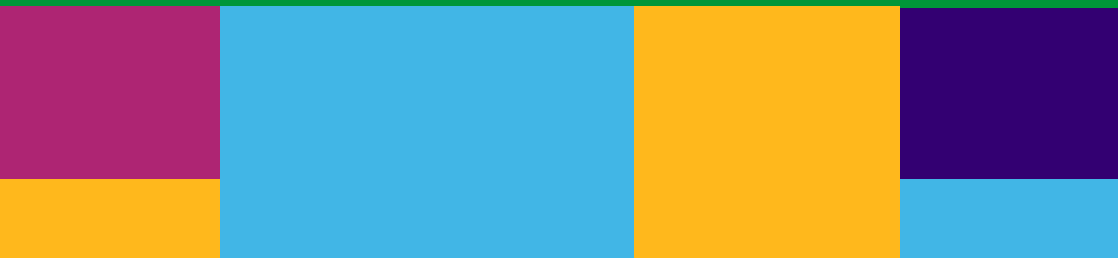
Feeling overwhelmed?

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



Safe place imagery

Imagine somewhere you feel safe – it could be somewhere you've been in the past, or you've seen in a film or in a picture. Picture this place in your head.

Are there any sounds close by or far away? Are you outside? Can you hear nature? Water? The sound of the wind? Birds singing? Music?

Can you smell anything? Freshly cut grass? Seaweed? Nice smells of food?

Can you feel the sun on your skin? Or the grass in your toes?

What can you see? The sun? The blue sky? Let yourself enjoy the nice sensations of being in this place. You can come here in your thoughts whenever you want to.

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.