



## Grounding Techniques & Self Soothing for Emotional Regulation

### **What Are Some Grounding Techniques?**

Here are some suggestions of grounding techniques, but you can make up your own as well. These can be modified for children.

#### **5 senses you can notice**

- Notice something around you that you can see that makes you feel good inside.
- Notice something around you that you can smell that makes you feel good inside.
- Notice something around you that you can hear that makes you feel good inside.
- Notice something around you that you can touch that makes you feel good inside.
- Notice something around you that you can taste that makes you feel good inside.

These are helpful when you are feeling anxious, are having trouble sleeping, have difficulty concentrating, or have fast thoughts.

#### **Breathing in Peace:**

Picture Jesus or God sitting beside you. Maybe imagine they are holding you in an embrace or maybe you are laying with your head in their lap. If you are sitting next to someone you love and trust, you can hold their hand — imagining God's hand holding yours.

When you can imagine yourself resting next to Jesus or God, you can begin breathing. Imagine breathing in the peace and healing of God. Imagine breathing out fear and trauma.

Breathe in for 5 seconds as slow as you can.  
Hold it.  
Breath out for 5 seconds as slow as you can

Do these 4 times.

## **Breath Prayer**

Choose which prayer words help you feel good and peaceful.

As you breathe — say these words:

1. Breathe in and tell yourself, “I am safe. I am loved.” Breathe out and tell yourself, “I am in the arms of God.”
2. Breathe in and tell yourself, “I am breathing in peace and healing.” Breathe out and tell yourself, “I am breathing out fear and trauma.”
3. Breathe in silently. Breathe out and tell yourself, “I am resting in the arms of Jesus.”

## **Grounding like a tree:**

- Sit in a chair
- Put your feet firmly on the ground (these are your roots)
- Put one hand (tree limb) over your heart
- Put one (tree limb) on the top of your head
- Breathe in and out slowly as you imagine a warm rain (Jesus) falling over you — washing away your fear and trauma.
- Try to imagine hearing His voice saying to you, “You are ok. You are being held. I am healing your heart.”
- Breathe in and out as slowly as you can as you imagine the sun (God) filling you with His peace.
- Try to imagine hearing his voice saying to you, “You are safe. You are loved. You are resting in my arms. Do not be afraid.”

## **Taking your thoughts captive activity:**

Many times, when we have gone through trauma, our thoughts feeling jumbled. They feel like they are going very fast through our heads and our bodies do not feel grounded.

Find a scripture or proverb that helps you feel centered and grounded in God — like a rock or an anchor. Write down that scripture or proverb in a place you can read it many times a day. Perhaps memorize it and tell it to yourself many times a day.

Scriptures that can help:

(add scriptures here)

## **Rhythms and routines**

Rhythms and routines are very important and helpful to our brains as we are recovering from a traumatic experience:

1. *Create a morning routine and rhythm.* The routine can be very simple and short. Do the same thing each morning. Some examples: (1) Go to bed at the same time each night and turn off the ringer on your phone. (2) Wake up at the same time each morning. (3) Do 2 minutes of deep breathing and tell yourself the same thing each morning (For example, “I am safe. I am loved. God is my rock and my fortress. I can rest in His arms. He is my healer.”) (4) Make a cup of tea or drink a glass of water. (5) Read the same Bible verses that help you feel safe and grounded — maybe a few scriptures that help you in your healing journey. (6) Go for a walk or do some exercises (7) Have a time of prayer before you begin your day.
2. *Create an evening routine and rhythm:* The routine can be very simple and short. Do the same thing each morning. Some examples: (1) Do some deep breathing exercises or The Welcome Prayer (2) Read a Bible verse that helps you feel grounded and centered. (3) End your day in prayer.