

GROUNDING

FOR TRAUMA SENSITIVE KUM NYE



Sense of touch

Bring an object or use your clothing, etc. to move attention out of your thoughts or body

Sense of taste

Eat a strong candy (cinnamon, sour, peppermint, etc.)

Sense of sight

Engage your sense of sight: pick a color and find 5 things in the room of that color

Choice

Remind yourself you are choosing to be here. You can stop or modify at any time!

Thoughts

Acknowledge "negative" or repetitive thoughts by writing them down to set aside until after practice

Expression

Draw, scribble, or color. Closely notice lines or circles.

"Okay" areas

Notice where it feels okay to focus and bring your mind there (don't force focusing on what the facilitator is suggesting)

Fidget

Allow your body to make the movements it is asking for. Use a fidget toy, if helpful!

Grounding helps you notice and pay attention to the here and now. Triggering or survival responses (anxiety, shutdown, etc.) are ways our body is keeping us safe. Modify the practice or stop and return to it when you feel more grounded!

