

Grounding Techniques

Drawing	Emotional Freedom Techniques	Painting	Take a time out	Write in a journal
Cooking	Listen to music	Read	Stress Ball	Think about happy memories
Arts and Crafts	Grounding Techniques	*Breathe *	Talk to staff	Yoga
Count to 10	Go outside	Sewing	Take a walk	Watch a movie
Breathing Retraining	Exercise	Progressive Muscle Relaxation	Talk to a friend	Visit your family

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Count to 10	Grounding Techniques	Painting	Stress Ball	Watch a movie
Arts and Crafts	Go outside	*Breathe *	Take a walk	Think about happy memories
Cooking	Emotional Freedom Techniques	Progressive Muscle Relaxation	Take a time out	Yoga
Drawing	Exercise	Play cards	Talk to a friend	Visit your family

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