

# Grounding Techniques

|                    |                               |                              |                      |                            |
|--------------------|-------------------------------|------------------------------|----------------------|----------------------------|
| Watch a movie      | Arts and Crafts               | Go outside                   | Take a walk          | Read                       |
| Drawing            | Visit your family             | Stress Ball                  | Breathing Retraining | Think about happy memories |
| Write in a journal | Cooking                       | <b>FREE</b>                  | Painting             | Play cards                 |
| Talk to staff      | Progressive Muscle Relaxation | Take a time out              | Grounding Techniques | Sewing                     |
| Count to 10        | Talk to a friend              | Emotional Freedom Techniques | Yoga                 | Exercise                   |

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|                    |                 |                              |                               |                   |
|--------------------|-----------------|------------------------------|-------------------------------|-------------------|
| Write in a journal | Yoga            | Breathing Retraining         | Progressive Muscle Relaxation | Drawing           |
| Take a walk        | Play cards      | Go outside                   | Sewing                        | Cooking           |
| Painting           | Arts and Crafts | <b>FREE</b>                  | Grounding Techniques          | Take a time out   |
| Exercise           | Watch a movie   | Emotional Freedom Techniques | Talk to staff                 | Count to 10       |
| Read               | Listen to music | Think about happy memories   | Stress Ball                   | Visit your family |

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|-------------------|----------------------------|--------------------|-------------------------------|------------------------------|
| Talk to staff     | Grounding Techniques       | Write in a journal | Exercise                      | Take a walk                  |
| Talk to a friend  | Think about happy memories | Yoga               | Progressive Muscle Relaxation | Cooking                      |
| Take a time out   | Breathing Retraining       | <b>FREE</b>        | Painting                      | Go outside                   |
| Listen to music   | Read                       | Count to 10        | Arts and Crafts               | Watch a movie                |
| Visit your family | Stress Ball                | Play cards         | Sewing                        | Emotional Freedom Techniques |