

# Simple Grounding Techniques:

Flashbacks are unwanted and intrusive thoughts and memories. Work out what works best for you. You may also come across other techniques that suit you.

These techniques can be used:

- When you are having a flashback and an unwanted memory comes into your mind.
- When you are going into a situation which might trigger a flashback.
- To practise daily so that it is easier for you to use them when you are upset or distressed.

It is important to remember that, "Your flashback is a memory not a repeat of the trauma". If you can notice where you are right now in the present, it can help you know that the trauma is not happening again and to work out whether you are in a safe situation or not.



1. Rub or tap your hands up and down your arms and feel the contact with your skin.



2. Look around the room and find five objects that are your favourite colour and name them.



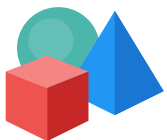
3. Name three things you can hear or smell.



4. Breathe in through your nose and out through your mouth, deep breaths. Place your hand on your tummy and breathe in so that you feel your tummy move.



5. Do something physical like walking around the block, jumping up and down on the spot or running up the stairs.



6. Name objects around you out loud.



7. Talk to someone who supports you.



8. Say your name and age today, where you are, what day it is, the date and the time.