

DISCREET AND PHYSICAL

# Grounding through *touch*

A discreet grounding technique using physical sensation, useful anywhere including an open plan office.



PICK ONE THAT SUITS YOUR SETTING



### Cold object or water

AT A BASIN OR WITH AN ICE CUBE

Hold a cold object, or run cold water over your hands, and notice the sensation fully.



### Press feet into the floor

SEATED, UNNOTICED BY ANYONE

Press your feet firmly into the floor and notice the pressure and contact.



### A textured object in your pocket

A STONE, COIN, OR FABRIC

Hold something with texture in your pocket, and notice its shape, edges and detail.



### Press palms together

FOR TEN SECONDS

Press your palms together firmly for ten seconds, then release and notice the difference.

#### WHEN TO USE IT

At a desk, in a meeting, in public, anywhere a visible or lengthy technique would not be practical.

#### WHY IT HELPS

A strong, specific physical sensation gives your mind something concrete to focus on, instead of the thought spiral.

*Pick one option and practise it until it becomes familiar enough to use without thinking.*

— One breath at a time is enough. —

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