



JODI PILCHER GORDON
COUNSELLING

GROUNDING EXERCISES

When we are anxious, our 'back brain' is taking over to put us on alert. These grounding techniques work by engaging the 'front brain' instead, to bring us back into the present moment and so allow our nervous system to reset itself.

54321 SENSING

Engage your senses around you and say out loud:

- 5 things that you can see.
- 4 things that you can feel.
- 3 things that you can hear.
- 2 things that you can smell.
- 1 thing that you can taste.

SHAKE IT OUT

Release pent up adrenaline by shaking your hands in front of you. Then move on to shaking your arms, then your shoulders, and head, until you are shaking your whole body. Try bouncing up and down into your heels, and moving from side to side. Now rest and breathe, and notice all the sensations in your body.

MINI BODY SCAN

Breathe slowly and feel your breath coming in and out.
Wiggle your fingers and toes.
Clench your fists tightly, then feel them relax.
Stomp your feet, hear and feel the contact with the floor.
Raise your arms high and stretch your body.
Come back to your breath. Here you are.

BRAIN GAMES

Breathe deeply. Now try one of the following:
Name as many countries as you can think of.
Describe your five favourite vegetables using all five senses.
Count backwards from 100.
Spell the titles of your favourite films backwards.



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