

# REACTION REDUCTION TECHNIQUES 2



## Grounding

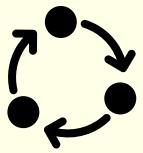
It is not unusual for people to experience strong emotions or a physiological response after a particularly stressful event. Sometimes after a potentially traumatic event, this response might be overwhelming causing people to become distracted by intense memories, feelings or thoughts to the point where normal functioning is hindered.

Grounding is a technique that is helpful in these circumstances when a person becomes emotionally overwhelmed or shuts down and disconnects with their surroundings. Grounding helps you to refocus on the **here** and **now**.



### Simple Technique

Grounding can be something as simple as drawing a person's attention to what they are doing and where they are physically. For example getting the person to do a simple but purposeful task like completing paperwork or other activity that changes their focus.



### Advanced Technique

Alternatively you might need to use a more in depth approach. When performing these grounding techniques you will need to make sure that the person is away from the distressing incident as much as practical.



### Take a deep breath in...and release slowly.

This might need to be repeated a couple of times. It helps to slow down the overactive physiological response



### Plant your feet firmly on the ground. Shift your weight from one foot to another.

This process helps to orient the person into the physical here and now. If the person is sitting, you might get them to wiggle their toes and feel the ground under their feet.



### Focus your visual attention on what you can see. It might be helpful to label this in your mind.

Help the person to focus on non distressing objects. By doing this, it reduces the overwhelming visual information that may be flooding them. If needed you can also then ask the person to turn their attention to what they can hear to further reduce distraction and focus their attention.



### Notice what sounds you can hear. Focus on what you can hear in close proximity..... Now move your attention to furthest sound away from you that you can hear.

These simple and quick grounding techniques could be used to assist your colleague or practice yourself if you notice that you are becoming overwhelmed.