

Grounding Techniques

You can do right now to help
you feel present

Feeling disconnected
from your body or your
environment can be
highly distressing...

It's important that you know feeling dissociated is **temporary**, and grounding techniques can **help** you feel present.



Run your hands under cold water



Dissociation can often cause us to feel disconnected from our own body. The shock of the cold temperature can help bring you back into the present.



Make a list of baby names for every letter in the alphabet

First do girls, then boys, then unisex. Getting your brain going is key to breaking out of dissociation. See how creative you can get!



Organize a desk drawer or closet shelf



Clean your makeup or artist brushes that you've probably neglected for quite awhile. Clean your sneakers or something else you've been needing to do but keep forgetting.



Step away from social media or scrolling on your phone

This can be incredibly frustrating for some without realizing it. Sit your phone across the room and spend at *least* 30 minutes doing something entirely different.



Light some candles



Notice the glow and the flicker. What do they smell like? How is the wax melting? Can you feel the warmth coming off of them?



Wash your face or brush your teeth

Do a face mask or use some other self-care toiletries to freshen up. Notice all the smells and textures. Notice how they feel on your skin and how refreshed and alert you feel.



Remind yourself of the date and year

Orienting yourself in the present day with things you know to be objectively true can help you stay present. Remind yourself of your name, how old you are, where you are, and why you're there.

If these don't work for
you, know there's
something out there
that **will!**

You're not alone--these
feelings of
disconnection and
numbness **will pass.**

Check out the **link** in
the description for
a complete list of **101**
grounding techniques.

Visit projectpaperbirds.com for more