



Grounding Techniques

It is so important to practice grounding techniques to get us out of our heads and into our bodies as HSPs. not only to use in the moment if you need calm...but to increase resilience. Have a play around with these techniques and see what feels good.

1

5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell (or deep breaths) and 1 thing you can taste.

2

A cup of herbal tea (or uncaffeinated drink), takes sips with deep breaths inbetween. Notice what the drink feels like in your hand, what it smells like, temperature etc.

3

Technology break - there's nothing like falling down a 'scroll hole' to zap a HSP. Set limits on your phone, or notifications to come through at certain times, switch to aeroplane mode or decide not to reply to emails/texts after 9pm for example.

4

Olfactory reset - use essential oils in a diffuser (lavender is particularly calming), cook with your favourite herbs, or massage some scented body cream.

5

Get outdoors into some green space - the Japanese love forest bathing for the mood improving phyto-chemicals they release. You might even wish to 'earth' by going barefoot in nature. If this isn't possible then bring a plant indoors.

6

Try a hobby that uses your hands...sewing, knitting, painting, gardening.



Grounding techniques – cont.

7

Consider using a weighted blanket – it feels secure/safe/comforting because of the extra weight and activates the parasympathetic nervous system making us feel calm.

8

Bring awareness to your physical body...shake it out, rub your hands together, press your forefinger and thumb together.

9

Accupressure – rub your forefinger or thumb in clockwise circles in the space between your eyebrows.

1 0

Listen to calming music before an event to prepare – or to decompress afterwards.

1 1

Have a bath or shower...even better make a ritual of it by adding himalayan salt or whatever your heart desires. If this is not possible, pop your wrists under running water.

1 2

Breathing techniques are amazing for activating your parasympathetic nervous system which essentially tells your body that you are not in any danger.