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## Staying Grounded

Many situations in our everyday life can remind us of past events, but we do not have to let ourselves be re-traumatized. Grounding techniques can help us realize that we are in the here and now, and the feelings that are being triggered belong in the past. Here are some tips to staying in the moment.

Breathe deeply

Doodle

Ask yourself, “What do I need right now?”

Listen to the sounds around you

Self-massage; shoulders, neck, scalp or face

Notice the sensation of the clothes on your body

Notice the details of your surroundings; pictures, signs, furniture

Increase your physical sensations; scrunch your toes, rub your fingers and thumb together, wiggle your fingers, blink

Take a break, step out of the room

Grip your hands closed tightly together, then slowly release letting the tension go.

Meditate

Pray

## Progressive Relaxation Exercise

Wrinkle your forehead

Squint your eyes tightly

Open your mouth wide

Push your tongue against the roof of your mouth

Bring your head forward to touch your chest

Roll your head to your right shoulder

Roll your head to your left shoulder

Shrug your shoulders up as if to touch your ears

Shrug your right shoulder up as if to touch your ear

Shrug your left shoulder up as if to touch your ear

Hold your arms out and make a fist with each hand

One side at a time, make a fist, bend your arm at the elbow, and tighten up your arm while holding the fist

Take a deep breath and hold

Tighten your chest muscles

Arch your back

Tighten your stomach area

Push your stomach area out

Pull your stomach area in

Tighten your hips

Push the heels of your feet into the surface where you are practicing

Tighten your leg muscles below the knee

Curl your toes under as if to touch the bottoms of your feet

Bring your toes up as if to touch your knees



## Positive Coping Skills and Self Care

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### Managing stress in everyday life



**Harbour House**

Box 355  
Bridgewater, NS B4V 2W9

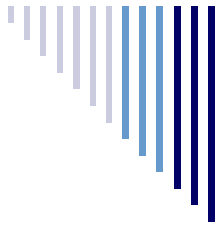
Phone: 902.543.3999

888.543.3999

Email: [info@harbourhousebw.com](mailto:info@harbourhousebw.com)

[www.harbour-house.ca](http://www.harbour-house.ca)

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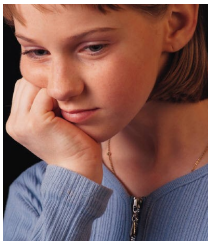
## Coping with stress every day

### Trigger inventory

What triggers me?

How do I respond?

How do I ground?



**Finding calm in a stressful situation**

### Diversions

Get creative; draw, paint, take photographs

Play an instrument

Take shower or bath

Watch TV or a movie

Play a game or solve a puzzle

Clean or organize your space

### Physical soothing

Relaxing exercises

Eat healthy food and regularly

Get enough sleep

Get into a daily routine

Meditate, yoga or massage

### With Others

Talk to someone you trust

Set boundaries; say “no”

Write a note to someone

Be assertive

Seek out positive people

Volunteer

Take care/play with a pet

### Tension releasers

Exercise or play sports

Yell, cry or laugh

### Self-care of the mind

Positive self-talk

Accept compliments

Take time for self-reflection

Make a gratitude list

Allow yourself to cry; find things that make you laugh



**Take some time to pamper yourself**

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[www.harbour-house.ca](http://www.harbour-house.ca)

