

# WELLNESS LETTER

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## Grounding Techniques

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Grounding techniques help to:

- center ourselves when we are feeling overwhelmed,
- bring us into the present moment,
- step us away from negative thoughts, and
- subside our intense feelings through distraction exercises.

## HISTORY

The term 'grounding' and 'earthing' describes the realisation that physical contact with the earth's natural electric charge stabilises the physiology on a deeper level. This can lead to a decrease in pain, stress, inflammation, plus improvement in blood flow, energy, sleep, and wellbeing. Grounding Techniques can be sensory or cognitive.

Sensory exercises help to create experiences. Example exercises:

- Place a cool cloth on your face
- Listen to soothing music
- Walk barefoot on the grass

Cognitive exercises help reorient to place and time. Example questions:




- What is the date; day, month, year?
- What season is it?
- Where am I?



# GROUNDING



## RESOURCES

-  [Black Dog Culture Dose](#)  
*A series to engage and reflect with*
-  [ACT Government Grounding Guide](#)  
*A beginners guide to grounding*
-  [University of Sydney Self Help Resource](#)  
*Counselling and Psychological Services (CAPS)*



## EXERCISE

