

Some Indications of a Fight or Flight Response



Dilated Pupils



Trembling



Rapid Heart-beat
and Breathing



Pale or
Flushed Skin

Grounding Techniques

- ☐ Wiggle your fingers, tap your feet. Pay attention to the movement; you are in control of what your body is doing, right here and now.
- ☐ Eat or drink something. Is it hot, or cold? Sweet, or sour?
- ☐ Write a letter or card to someone you care about.
- ☐ Use your voice. Say your name or pick up a book and read the first paragraph you find out loud.
- ☐ Take a shower/bath. Notice the sensations of the water.
- ☐ Call a friend and have a chat.
- ☐ Hold an ice cube and let it melt in your hand.
- ☐ Play a distracting game on your tablet, computer, or smartphone.
- ☐ If you have a dog or cat, cuddle and pet him or her.
- ☐ Take a look outside. Count the number of trees and street signs.
- ☐ Turn up the radio or play your favourite song **LOUDLY**. You could even dance!
- ☐ Write out what's going on. Keep writing until you start to notice it makes a difference and it lets out some of the things you're anxious about.
- ☐ Hold onto something comforting. Maybe a blanket or an old stuffed toy.
- ☐ Put on your favourite movie or TV show.

Once you've found which techniques help, make a list to put on your wall, or carry in your pocket. *What could you add?*