

MENTAL EXERCISES FOR GROUNDING

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which ones work best for you.

- Name all the objects you see
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, make your favourite meal, tie a knot
- Count backwards from 100 by 7
- Pick up an object and describe it in detail. Describe its colour, texture, size, weight, scent, and any other qualities that you notice.
- Spell your full name, and the names of 3 other people, backwards
- Name all your family members, their ages, and one of their favourite activities
- Read something backwards, letter-by-letter. Practice for at least a few minutes
- Think of an object and 'draw' it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal