

Fight or Flight Response



Dilated pupils

Pale or flushed skin

Trembling

Rapid heartbeat and breathing



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 them.
- 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.



Tick those techniques which you found helped, make a list to put on your wall, or carry in your pocket. **What could you add?**