

Mental Grounding

Answer these questions either by thinking them to yourself, saying them out loud, or writing them down. If any question is feeling distressing, please skip and move on.

What is your name? How old are you? What is the current date and time?

Think of a colour, any colour. The first colour that comes to your head, use that to pick out all the things you can see that are that colour. Alternatively, if you cannot think of a colour, cycle through the colours of the rainbow.

Pick an activity, whether it's everyday or something you enjoy, and describe it in detail. For example, you could describe how you brush your teeth. (IE - I grab my blue toothbrush and turn the faucet on to wet it down...)

Write down, say or think everything you can from a category. (Some examples: Dog breeds, musical artists, books, TV shows, countries, different birds, etc)

Describe where you are in great detail, focusing on the objects around you, the colours, the textures, the sounds, etc.

List your favourite things. Some examples include: animals, shows, movies, books, artists, hobbies, etc.

Plan for you to do something you enjoy for the future. Maybe you want to go see a friend, a movie, or even go get your favourite treat from the store.

Is there someone you really care about? This can be a pet! Write about them or think about them.

Say or write down something that is kind to yourself, like you would to a friend. (IE - My feelings are valid and I am going to get through this.)
