

Grounding Techniques

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When connecting with own emotions becomes difficult, try the Hakomi method:

Sit still in a comfortable position, with your eyes closed.

- Ask yourself what will happen with your body if you just stay in that seated position.
 - Focus on your body:
 - Heat – Will you be warmer or colder? Where does the warmth change first? Why these changes, and why there?
 - Tightness – Do some clothes start to feel tighter? Or does your body start to feel tighter from the stillness? Why could that be?
 - Tingling sensation – Does a part of your body become numb, or start tingling? What part does it? Why that part, and why does it tingle or become numb?
- Don't just feel the different sensations, follow them with curiosity and actively reason why the changes are happening.

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When all happens at the same time and your surroundings become difficult to handle use the 5-4-3-2-1 method:

Look around your surroundings, and identify:

- 5 things you can see.
- 4 things you can feel.
- 3 things you can hear.
- 2 things you can smell.
- 1 thing you can taste.

When you dissociate, or feel like you're "floating" try Grounding:

Stand or sit with feet flat on ground.

Press both heels firmly down.

Shift weight between heels and toes.

Focus on the feeling in the contact points, the pressure, texture, and stability.

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For when you feel frozen or powerless try Active Flight:

Identify a stuck belief (for example "I cannot leave here.").

Notice where in the body you feel this belief (e.g. in the chest, stomach, throat...)

Stand up and jog in place.

Imagine you're running away from the belief.

For when you feel you're stuck in a loop of detrimental thoughts or intrusive feelings, try Somatic Sequencing:

Identify the sensation in your body (clenched fists, tight jaw or shoulders...).

Start a small movement to remedy the sensation (stretch fingers, open jaw, roll shoulders...).

Allow the movement to flow naturally, try not to force it.

Pause intermittently to feel what shifts in your body.

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If you have difficulties separating yourself, or if you tend to absorb emotions from others, try Forced Individualization:

When you're interacting with an individual who is overwhelming you with their own emotions or presence, identify five (5) or more differences between yourself and the other individual.

Examples:

I have my hair loose, they have a hat on their head.

I am sitting down, they are standing up.

I am drinking water, they have no beverage or food to consume.

I am listening, they are speaking.

I am calm, they are agitated.

Etc.

Keep listing differences until you feel yourself shift from absorbing their emotions, to feeling your own.

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