

GROUNDING TECHNIQUES



TAKING NOTICE EXERCISE



5 What 5 things can you See?

4 What 4 things can you Touch?

3 What 3 things can you Hear?

2 What 2 things can you smell?

1 What 1 thing can you Taste?

BREATHE REFLECT



Look at your Feet

Take 5 deep breaths



In through your Nose

Out through your Mouth



Stay in the Moment



NOW KEEP IN MIND THE 3 W'S

WHAT? Think about the action

SO WHAT? What were the consequences of the action?

NOW WHAT? How can I now positively impact the game?



Mind-Find
Consulting