



## Give yourself a *pat* on the back!

As research says, avoiding intrusive thoughts often does more harm than good. An attempt to suppress them actually increases their emergence.

And so, as we strive forward, you've already made your **progress** by just **being here**.

## Thank you very much!

### Having a hard time?

You may **book a 1:1 session**  
with our Wellness Coaches at:

<https://calendly.com/arondilla-enshored>

<https://calendly.com/qgalang-enshored>

<https://calendly.com/rsevilla-enshored>

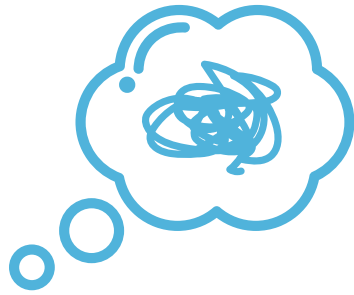
<https://calendly.com/jramos-enshored>



# Grounding Techniques.

In Response to Intrusive Thoughts





## What are intrusive thoughts?

They are generally perceived as **unwanted** memories. Such occurrences are not typically seen as isolated events; instead, they involve **recurring** thoughts, images, or urges.

They are commonly considered to **interrupt** ongoing activities.

## Examples of intrusive thoughts

### Memories

These can be memories that you want to forget.

### Harming

These can be thoughts of harming yourself and others.

### Unwanted Thoughts

These can include thoughts of being sexually assaulted or sexually assaulting another person.

### Fears and Worries

These can range from worrying that you forgot to do something important to having fears that you might do something illegal.

## Reality Checking: Types of Grounding Techniques.

### Physical Grounding Techniques

#### Give the 5-4-3-2-1 technique a try.

Engage your senses. List 5 things you hear, 4 things you see, 3 things you can touch, 2 things you smell, and 1 thing you can taste.

#### Take deep breaths.

Take a moment to slowly inhale and exhale, focusing on the sensation of each breath entering and leaving your lungs.

#### Connect with your body.

Focus on how your body feels from head to toe, noticing each part.

### Mental Grounding Techniques

#### Think in categories.

Choose one or two broad categories, such as clothing brands and modes of transportation. List as many things as you can from each category.

#### Use math and numbers.

You can run through a times table in your head or count backwards starting from 100.

#### Recite something.

Think of a poem, song, or book passage you know by heart. Recite it to yourself or in your head.



## Soothing Grounding Techniques.

### Practice self-kindness.

Recite gentle, empathetic words to yourself.



### Imagine your happy place.

Envision your happy place, be it a family member's house or a distant land. Immerse yourself in the experience by visualizing the sounds, sights, and scents that surround you.



### Touch something comforting.

These can be objects such as your favorite blanket, a treasured T-shirt, your favorite keychain, or any item that brings a sense of comfort.

