

CENTERING TECHNIQUES

IDEAS TO HELP YOU FEEL
GROUNDED AND PRESENT

QUICK AND EASY TOOLS

5-4-3-2-1

A calming technique that connects you with the present by exploring the five senses. Acknowledge the following:

- 5 - Things that you can see.
- 4 - Things you can touch.
- 3 - Things you can hear.
- 2 - Things you can smell.
- 1 - Thing you can taste.

ACTIVITY

Find a creative activity that easily grounds yourself in the present moment. It's nice for this activity is:

- Portable and repetitive in nature.
- It could be something as simple as knitting, yoga, listening to quiet music, breath work or even reciting a repetitive prayer or mantra. Spark joy!

REFRAMING

Cognitive reframing is a technique used to shift your mindset so you are able to look at a situation, a person or relationship from a slightly different situation. Here's an example, instead of saying "You misinterpret everything". Try saying "We must be misunderstanding each other. Can you help me understand what you meant".

MICRO BREAKS THROUGHOUT THE DAY

Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer. Read a book or a magazine, even if it's only for a few minutes. Run yourself a bath, watch a film, Stretch, play with a pet or try out a new recipe.

