



10 Gentle Grounding Techniques

Zero pressure. Zero breathwork guilt. Just simple options.

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Important note

This resource is intended to support understanding and good practice in neuro-inclusive workplace design. It provides general guidance and does not constitute legal, medical, or clinical advice. Organisations should apply the principles in line with their own policies, regulatory obligations, and professional judgement.

A soft orientation

This is not a regulation checklist.
It's not a calming routine.
It's not something you're meant to do "properly."

These are **light-touch grounding options**... especially for moments when:

- you're overwhelmed
- you're shut down
- your body doesn't want instructions
- breathing exercises feel irritating or impossible

You are allowed to try one.
You are allowed to stop halfway.
You are allowed to decide none of these are right today.

Grounding is about **reducing threat**, not performing calm.

1. Name five neutral things you can see

Not beautiful things.
Not gratitude.
Just neutral facts.

Examples:

- "Door."
- "Light."
- "Table edge."
- "Blue wall."
- "Window."

This helps orient your nervous system to **here**, not meaning.

2. Put your feet flat on the floor (or surface)

No posture correction required.

Just:

- notice the contact
- feel the pressure
- let gravity do the work

You don't need to feel calmer.
Orientation alone is enough.

3. Hold something solid

Choose an object that feels:

- firm
- weighted
- real

A mug. A stone. A phone. A cushion.

Pressure and texture can anchor you **without thinking**.

4. Change temperature slightly

Small sensory shifts can interrupt spirals.

You might try:

- holding something warm
- splashing cool water on wrists
- stepping outside briefly
- wrapping in a blanket

No extremes. Just *different*.

5. Sit or lie on the floor

The floor offers:

- containment
- predictability
- full-body support

You don't need to do anything there.
Just let your body arrive.

6. Name what state you're in (quietly)

Not why.
Not how to fix it.

Just:

“This is overwhelm.”
“This is shutdown.”
“This is a spike.”

Naming can reduce internal confusion... even if nothing else changes.

7. Reduce one input

Not everything. Just one.

Examples:

- lower volume
- dim a light
- close one tab
- pause one conversation

Grounding is often about **less**, not more.

8. Gentle movement without a goal

Movement doesn't need to be exercise.

You might:

- rock
- stretch one limb
- sway
- pace slowly

Stop whenever your body says stop.

9. Look for one predictable pattern

Predictability soothes ND nervous systems.

You might notice:

- a repeating sound
- a visual pattern
- your footsteps
- a familiar object

Pattern = safety cue.

10. Give yourself explicit permission to pause

This one is internal.

You might say:

“I don’t need to solve this right now.”
“Nothing is required in this moment.”
“I’m allowed to stop.”

Permission can be grounding all by itself.

A few things you’re allowed to know

- Grounding doesn’t always feel soothing.
- Sometimes it just prevents things getting worse.
- Sometimes it works later, not now.
- Sometimes nothing works... and that’s not a failure.

Your nervous system is not a machine.
It responds in context.

A closing permission

You do not owe calm to anyone.

Grounding is not about being easier, quieter, or more manageable.
It’s about **helping your body feel a little safer...** in ways that don’t demand effort you don’t have.

Use one.
Use none.
Come back another day.

These are options...
not expectations.
