Take 5
Helping Our Clients in Times of Uncertainty: Building Skills to Lead Grounding Exercises
WELCOME!
Grounding Exercises

Coping strategies that help clients who are triggered or experiencing heightened emotions get back to the present moment and feel in control

Grounding allows us to:

• Calm down
• Get back in the present moment
• Be in control to move towards our goals
• Communicate effectively
• Get our needs met
How to Use Grounding Exercises with Clients

1. Determine if you should conduct a grounding exercise with the client

2.

3.

4.

5.
Chat in…

What clues do you see in a client or co-worker that tells you it may be a good time to conduct a grounding exercise?
Determine If You Should Use a Grounding Exercise

Clients who are **relaxed**, **engaged**, and **low** on their feeling thermometer

More open to
• Engaging in the exercise
• Learning how to use it when they need it

Clients who have been **triggered**, have **escalating emotions** or may be **high** on their feeling thermometer

Use it to
• Calm emotions
• Bring them to the present
# How to Use Grounding Exercises with Clients

1. Determine if you should conduct a grounding exercise with the client

2. Explain what grounding exercises are
Explaining Grounding Exercises

To a client who is **low** on their feeling thermometer:

Different people have different techniques for calming feelings and becoming more present when they may be feeling heightened emotions.

To a client who has **escalating emotions** or may be **high** on their feeling thermometer:

It sounds like you are upset right now. There are some exercises I’ve shared with other clients that they’ve found helpful to manage their emotions when they’ve experienced heightened emotions like you are.
How to Use Grounding Exercises with Clients

1. Determine if you should conduct a grounding exercise with the client
2. Explain what grounding exercises are
3. Ask for permission

4.
5.
Asking for Permission

If you’re open to it, can I do a grounding exercise with you? It only takes a minute, and if you find it helpful you can use it on your own at a later time when you might be experiencing heightened emotions.
How to Use Grounding Exercises with Clients

1. Determine if you should conduct a grounding exercise with the client
2. Explain what grounding exercises are
3. Ask for permission
4. Conduct the grounding exercise
Chat in…

How was that?
What did it feel like?
Chat in…

Are there any other grounding exercises that you have used with clients or on your own that you’ve found particularly helpful?
## How to Use Grounding Exercises with Clients

1. Determine if you should conduct a grounding exercise with the client
2. Explain what grounding exercises are
3. Ask for permission
4. Conduct the grounding exercise
5. Provide them with information to do grounding exercises on their own
# How to Use Grounding Exercises with Clients

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Grounding Brings Us to the Present Moment

- **Triggers**
  - Reminds someone of past trauma
  - Fight, flight or freeze mode

- **Anxiety**
  - Worry about the future

Grounding allows us to get back into the present moment
Chat in…

On a scale from 1 to 10, how confident do you feel using these grounding exercises on yourself?
Chat in…

On a scale from 1 to 10, how confident do you feel when it comes to conducting these grounding activities with clients?
Thank you for participating in Take 5 today!

**TA: Grounding 201**
Tuesday, May 5th  12:00pm – 12:30pm

*How to Discuss Substance Use with Clients During Covid-19*
Thursday, May 7th  12:00pm - 12:30pm