

G - Get consent! Don't assume someone wants your help, always check in about what you can do to support before supporting. Make sure you're respecting your pals autonomy.

R - Regain focus on the here and now. Sometimes when people disassociate it can be helpful to remind them of where they are, who they are with, what they are doing, and most importantly, that they are safe! It may seem silly to state the obvious, but it can often be really helpful in bringing your pal back to the present.

O - Offer suggestions for grounding activities. There are plenty of ways to bring someone back into their body through guided grounding activities. One suggestion you can offer is to ask the person to think about their toes/ What do they feel like? Are they cold? Are they sweaty? Can you wiggle them? Can you move them one at a time? What about the rest of your body? What does the fabric of your pants feel like against your legs? Other activities could be thinking about 5 things you can see, 4 things you can touch, three things you can hear, two things you can smell (or imagine smelling), and one thing you can taste (or imagine tasting.) There are plenty of other grounding activities that you can try, find out more at www.avaloncentre.ca

U - Understand that this is a perfectly normal biological response. It is the body's way of protecting itself from further harm. Though it may seem scary that your friend isn't doing well, it is important that you are able to stay calm and support them until they feel present again.

N - Next steps. Chances are that your pal probably had this response for a reason. Try checking in with them once they feel grounded. Are they safe? What are their plans for the rest of the day? Do they need ongoing support? Do they need to talk through anything? What support do they need? Recognize that they may need more support than you can offer, but there are tons of great community resources available. Check them out on our website at www.avaloncentre.ca

D - Decenter yourself. Though it may be hard, it is important that you are putting all your attention on your pal right now. Try not to ask invasive or leading questions about anything they may have disclosed to you, or questions about why this is happening to them. Those are not helpful and only serve to satisfy your curiosity. However, you are important!! Remember to take care of yourself after supporting your pal, this can be very triggering or draining work. Remember that it's okay to set boundaries, and to take care of yourself!

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HOW TO HELP SOMEONE GROUND THEMSELVES

Grounding can be an important part of supporting a person who has just disclosed. Grounding is a technique that helps some manage over-whelming feelings of emotion, and may help bring them back into their body if they are disassociating. Here are some helpful tips on helping someone through grounding exercises.

WWW.AVALONCENTRE.CA

Main office 902.422.4240 || SANE 24 Hour Line 902.425.0122
1526 Dresden Row, Halifax, NS B3J 3K3



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