

HOW TO HELP SOMEONE GROUND THEMSELVES

G

GET CONSENT!

Always ask if someone wants your help: check in about what you can do to support and make sure you're respecting the survivor's choice and autonomy.

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REGAIN FOCUS ON THE HERE AND NOW.

Sometimes when people dissociate 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! This can be really helpful in bringing the survivor back to the present.

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OFFER SUGGESTIONS

There are plenty of ways to bring someone back into their body through guided grounding activities. You can invite the survivor to think about their toes—What do they feel like? Are they cold? Are they sweaty? Can they wiggle them? Can they move them one at a time? What about the rest of their body? What does the fabric of their clothing feel like? You can also ask the survivor to think about 5 things they can see, 4 things they can touch, 3 things they can hear, two things they can smell (or imagine smelling), and one thing they can taste (or imagine tasting.) There are lots of grounding activities that you can try, find out more at www.avaloncentre.ca

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UNDERSTAND

Understand the dissociation is a perfectly normal biological response. It is the body's way of protecting itself from further harm. Though it may seem scary, it is important that you are able to stay calm and support the survivor until they feel present again.

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NEXT STEPS

Chances are that the survivor 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 lots of great community resources available. Check them out on our website at www.avaloncentre.ca

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DECENTER YOURSELF

Though it may be hard, it is important that you provide a supportive and validating response. Try not to ask invasive or leading questions about anything the survivor may have disclosed to you, or questions about why this is happening to them. You are important! Remember to take care of yourself after supporting the survivor; this can be very triggering and draining work. Remember that it's okay to set boundaries, and to take care of yourself!



AVALON

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G.R.O.U.N.D.

Grounding can be an important part of supporting a person who has just disclosed a traumatic experience. Grounding is a technique that helps manage overwhelming feelings and emotions, and may help bring a person back into their body if they are dissociating. Here are some helpful tips on helping someone through grounding exercises.

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