When you experience intense emotions or flashbacks of stressful memories…
Practise Grounding Exercise in a safe environment to remind yourself of the present.
Look at 5 objects carefully, describe the details of these objects to yourself or your friends, e.g.

- Shape
- Colour
- Texture
- Size
- Position
Listen carefully to 5 normal everyday noises around you, e.g.:
- Air-conditioning
- People talking
- Cars passing by
- Footsteps
- Quietness
Carry something with a pleasant smell, e.g.:
- Perfume
- Hand lotion
- Aromatic bags
- Fruits
Feel 5 objects around you, e.g.
- Touch the chair or sofa on which you are sitting
- Feel the texture and weight of your clothes
- Sense the floor supporting your feet
- Squeeze your hands together and relax
- Put your hands on your chest and feel the warmth
Try something with a pleasant but intense taste, e.g.:

- Mint
- Chocolate
- Fruits
- Chewing gum
Certain sensations associated with a distressing incident may make you feel uncomfortable. Choose those that make you feel relaxed, grounded and pleasant.
If you feel constantly overwhelmed, please consult the counsellors of CEDARS-CoPE for assessment and advice.