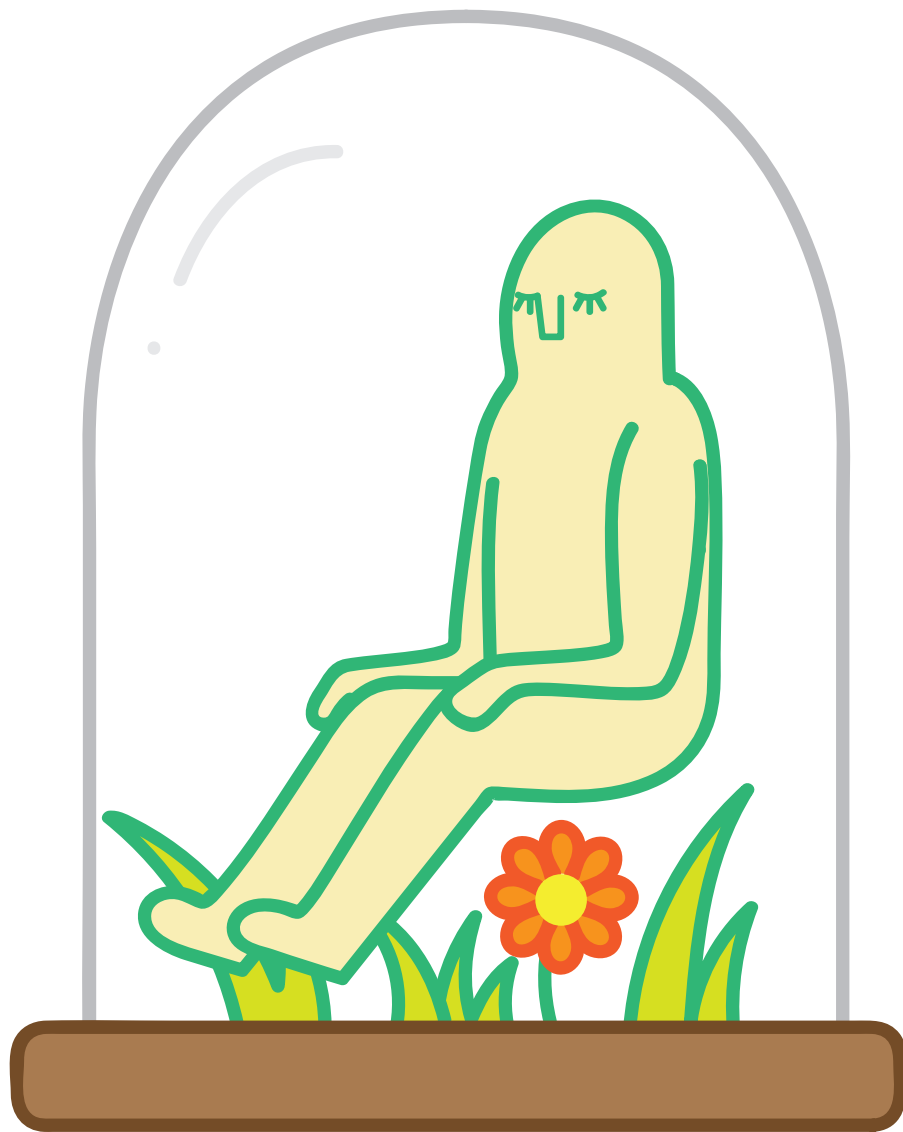




CoPE Together

**When you experience intense emotions or
flashbacks of stressful memories...**



**Practise Grounding
Exercise in a safe
environment to remind
yourself of the present.**



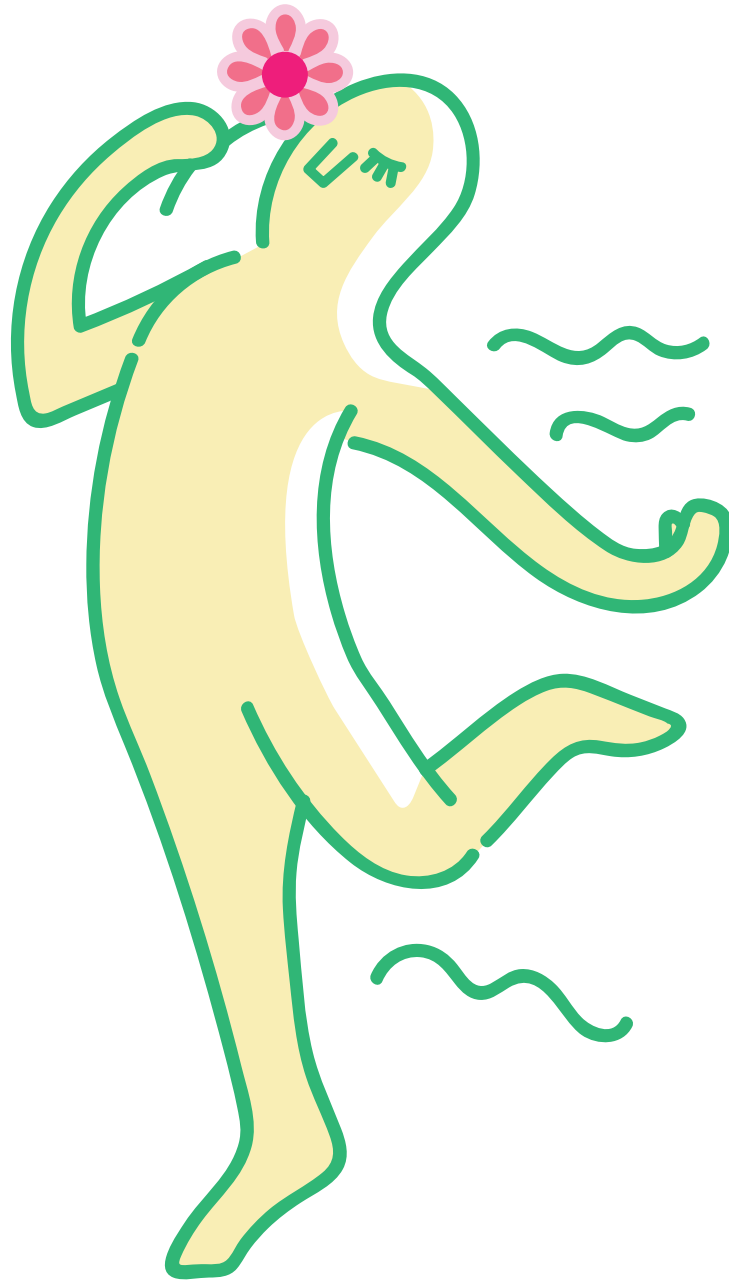
Look at 5 objects carefully, describe the details of these objects to yourself or your friends, e.g.

- 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



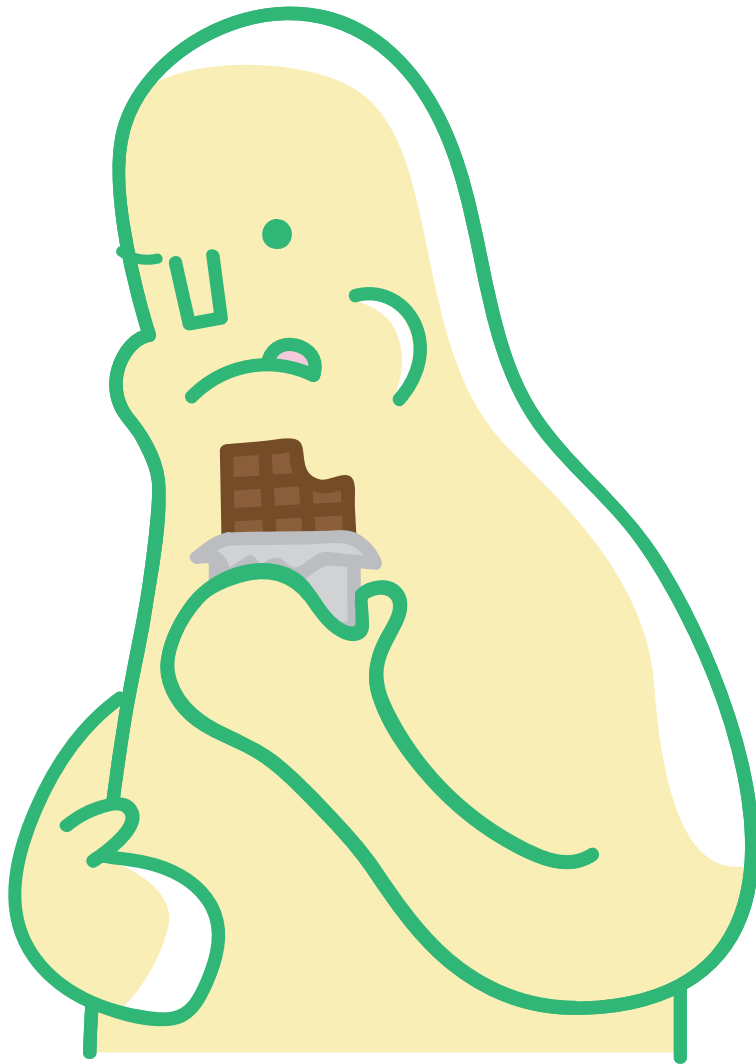
Carry something with a pleasant smell, e.g.

- 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.



cedars

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