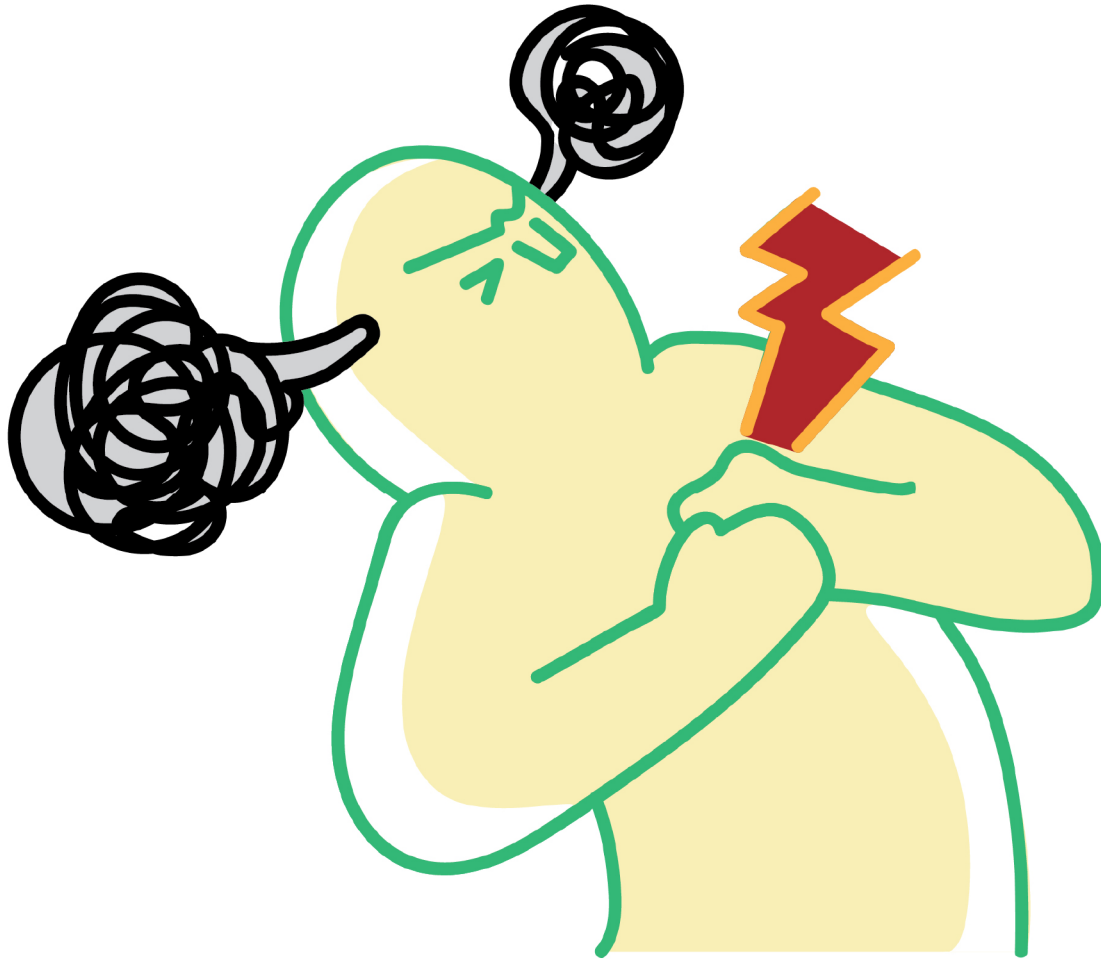
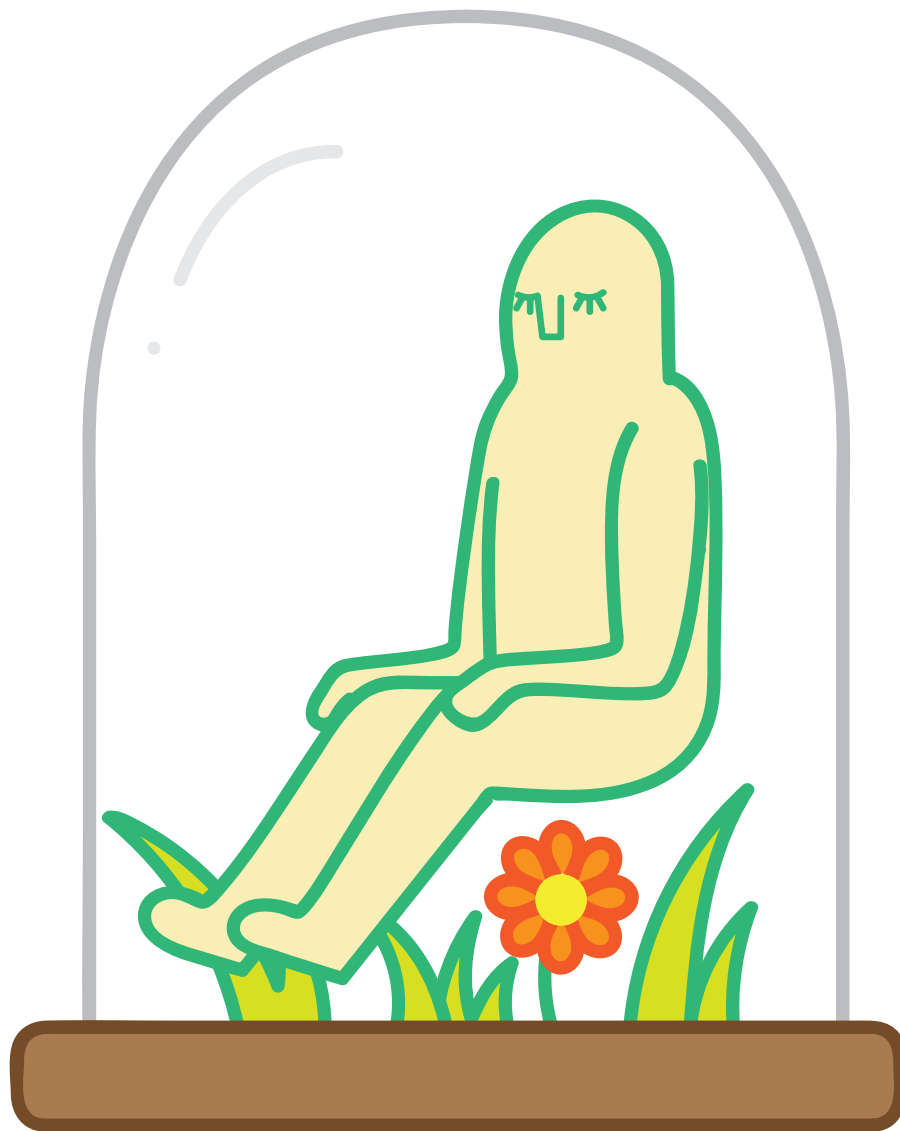




**When you experience intense emotions or
flashbacks of stressful memories...**

Cope Together



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



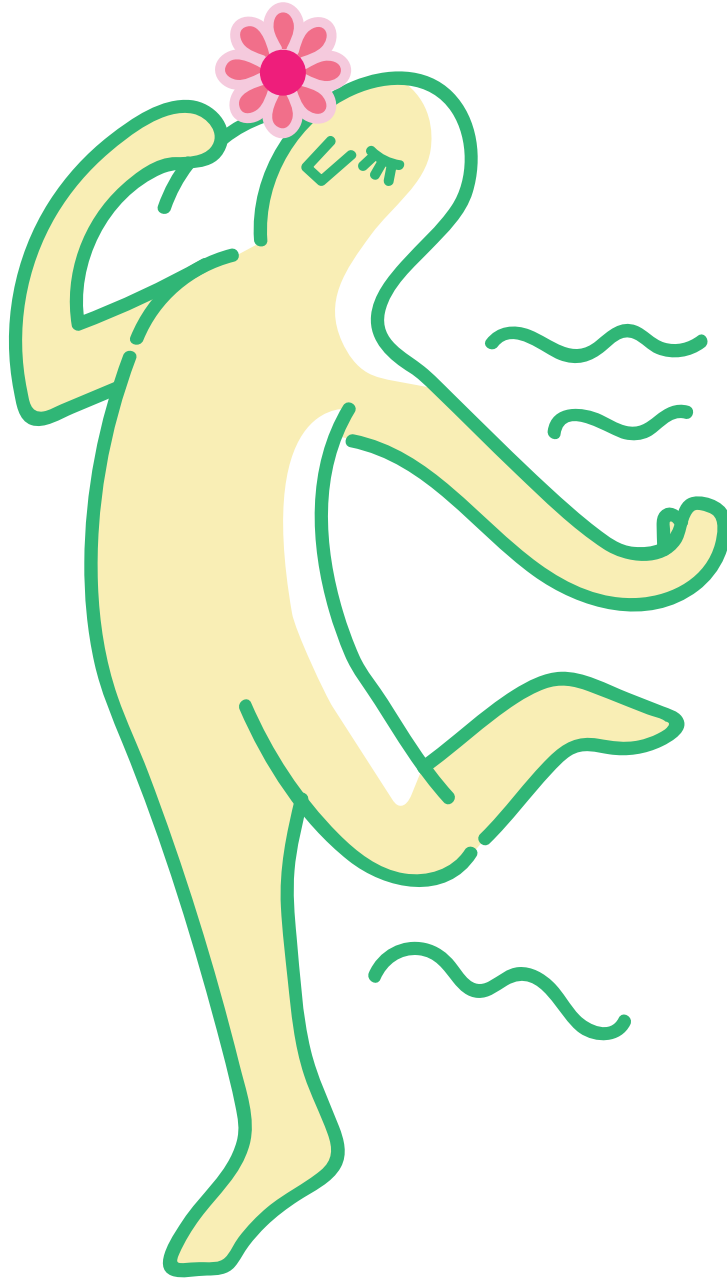
Look at 5 objects carefully,
describe the details of
these objects to yourself
or your friends, e.g.

- 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



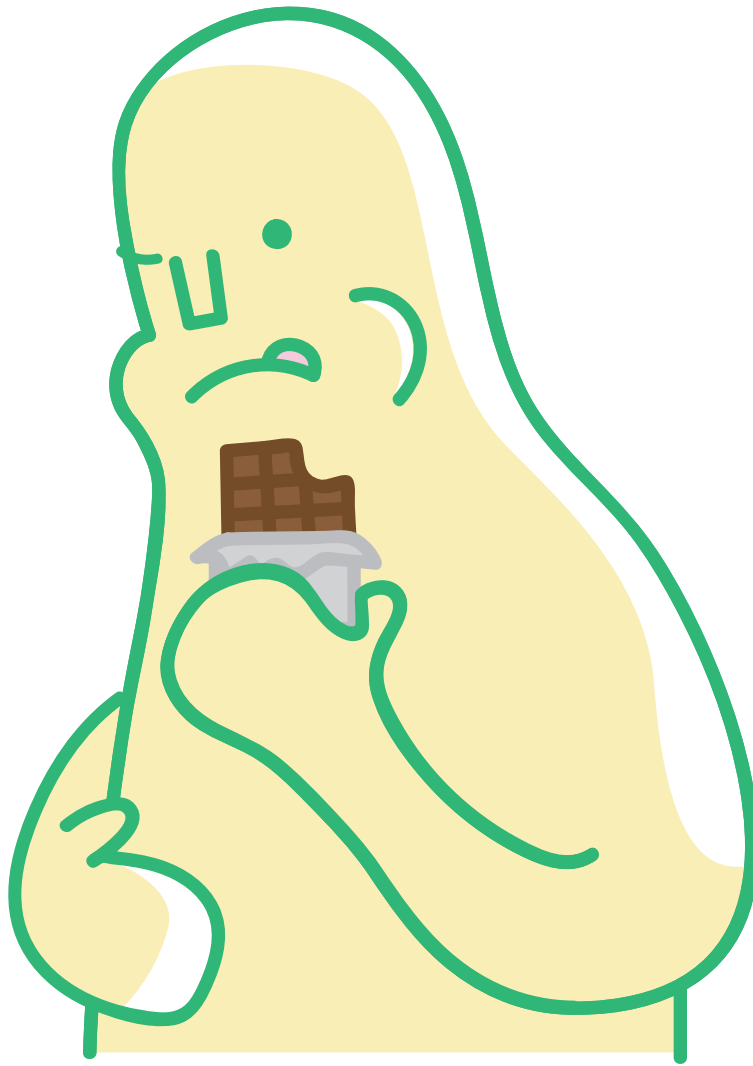
Carry something with a pleasant smell, e.g.

- Perfume
- Hand lotion
- Aromatic bags
- Fruits



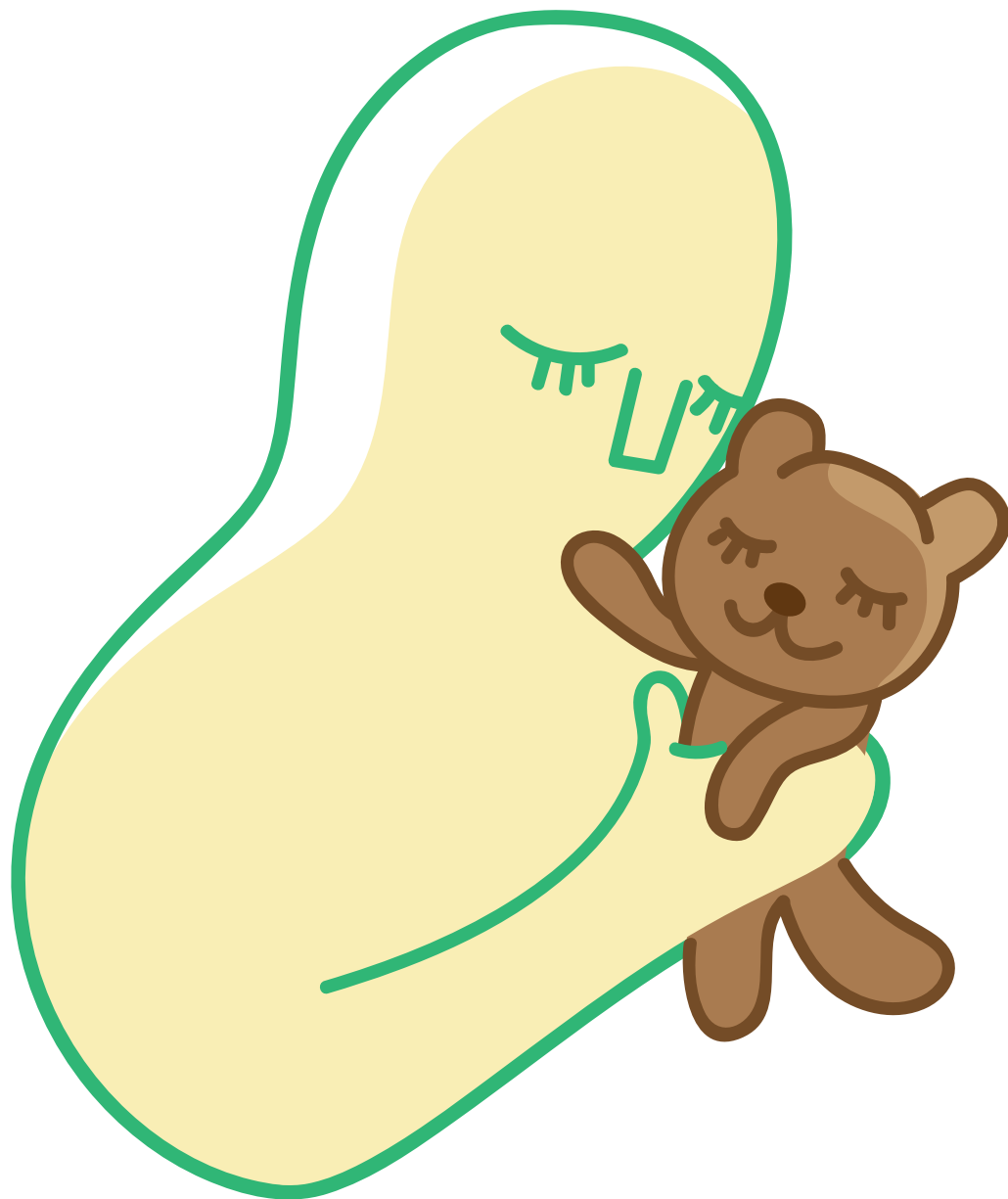
**Feel 5 objects around you,
e.g.**

- **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**

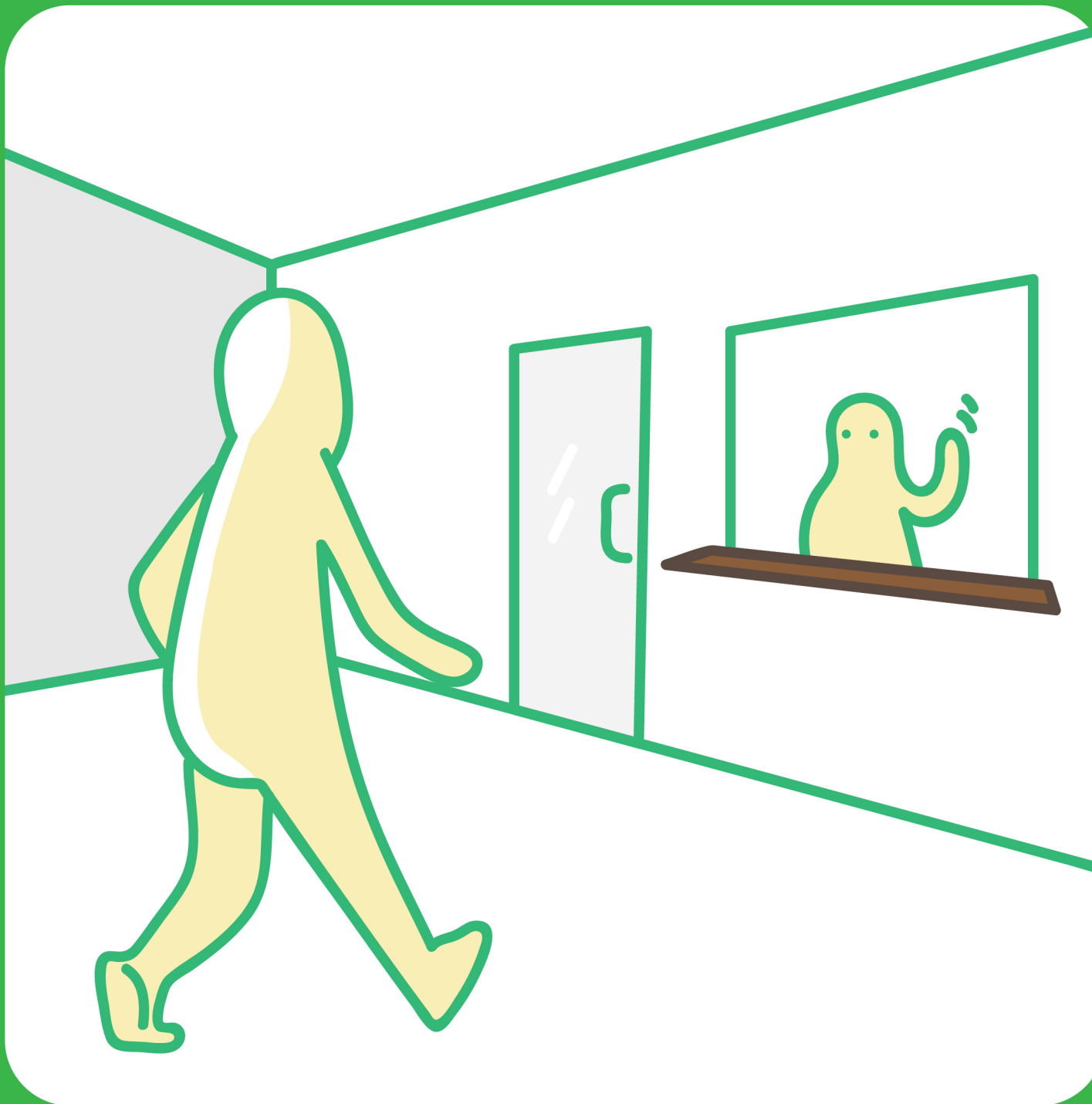


Try something with a pleasant but intense taste, e.g.:

- 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 at CEDARS for assessment and advice.

