

Grounding Skills for Anxiety and Overwhelm

June 17, 2022

In this seminar Melinda goes over:

- The difference between grounding skills and mindfulness and meditation
- Neuroception of safety
 - The importance of our autonomic nervous system (ANS) and regulating it.
- How do we typically respond to triggering situations
- How we can respond instead
- How to build safety
 - Window of Tolerance
 - Activate Parasympathetic Nervous System (PNS)

Window of Tolerance (see diagram below)

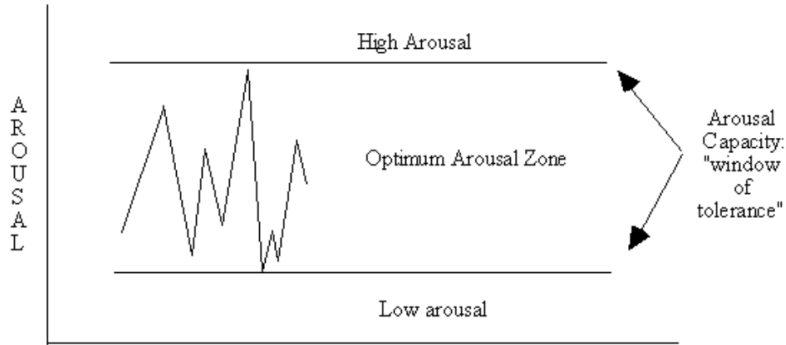
- Hyper or hypo-aroused
- Returning back to the optimal arousal zone
- How do I know when I'm in high arousal or low arousal
- Adaptive coping
- What you can do when you're outside the window
 - Grounding skills
 - 5 senses grounding meditation (Listen [here](#))
- When outside your window of tolerance use grounding skills
- When inside your window of tolerance practice mindfulness/meditation

Progressive Muscle Relaxation (PMR)

- Listen to the one in the program in the module
- This is a grounding practice, not a meditation

Remember that this times time and start where you are.

1. Window of Tolerance (WOT)



(Ogden & Fisher, 2015)

- When in a state of high or low arousal, the body perceives danger
- The focus is on returning to the optimal arousal zone to re-establish sense of safety