Breathing and grounding techniques

From training developed by Keele University and Brunel University as part of the USV React project

HOW TO OFFER TO DO SOMETHING TO CALM YOU BOTH

If the discloser is panicky, very anxious, fearful or highly distressed, we could say:

“I’m really glad you’ve come and spoken to me, before we think together about how to move forwards, I’d like to just suggest we do some breathing/noticing to help you feel a little safer just now…”

Or

“I’d really like to chat to you about this but, before we do, someone showed me how to do some breathing/sensory techniques to slow things down and help us feel calm. It might feel a bit silly but they could be helpful…”

BREATHEING TECHNIQUE 1

- Breathe in for the count of four
- Hold for the count of five
- Breathe out for the count of six
- Repeat until the breath is coming more easily

USV React project is funded by the European Union. Full training materials at usvreact.eu/resources/training-resources/
BREATHING TECHNIQUE 2

- Place one hand on your belly
- Place one hand on your chest
- Breathe in slowly through your nose and try to fill your belly. Really push it all the way out, not moving your chest too much at all
- It might take a while, so just keep practicing until the breath is long and filling the belly
- If you feel light headed, just do it more slowly

USING SENSATION TO RESTART THE BRAIN

Notice these things together – name out loud:

- **Four** things you can see
- **Three** things you can touch
- **Two** things you can hear
- **One** thing you can smell

Repeat until you begin to feel a bit more present and calm.

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