

Grounding for Self-Advocates

Grounding is a way of focusing on things that are happening right now. One of the simplest ways to do this is to pay attention to the sensations in your body. You can then use that information to help your body get into more comfortable positions.

Tracking vs. Grounding	
Tracking	Grounding
Notices/Gathers information <u>only</u> .	<u>Uses</u> the information to feel more comfortable.
Focuses on sensations <u>and</u> thoughts.	Focuses on sensations <u>only</u> .

Sensations...

- Include sight, sound, smell, touch and taste.
- Can be comfortable, uncomfortable, or somewhere in the middle.
- Are different for each person.
- Can change over time.

