
GROUNDING TOOLS

Come back into the room.

After a call, part of you can still be at the scene. Grounding is how you tell the body where it actually is now — through the senses, through weight, through movement. It is less about calming down than about arriving, and it works when breath alone will not land.

Orienting. Let your eyes tell you the danger has passed.

Weight and contact. Feel the floor take your weight.

Gentle movement. Shake off what the shift left in your body.

Self-contact. Your own hands, steadying you.



TOOL ONE

Orienting

On high alert, your eyes lock and scan. Deliberately looking around a safe room gives the body the evidence it is waiting for, and the alarm can start to stand down.

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- 1 Let your eyes move slowly around wherever you are.
 - 2 Rest on three ordinary things. Say what they are.
 - 3 Let your head turn with your eyes, unhurried.
 - 4 Notice any sigh or swallow. That is the shift landing.

Use it when you are back at the station but not really back yet.



TOOL TWO

Weight and contact

Adrenaline pulls you up and out of your body. Pressing into something solid brings you back down into it — the floor, the chair, the wall behind your back.

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- 1 Stand or sit and let your feet be flat on the floor.
 - 2 Press down through the heels, then the whole foot.
 - 3 Shift your weight slowly side to side, then settle.
 - 4 Feel the chair or the ground holding you. Stay a minute.

Use it when you feel light-headed, jittery, or somewhere far away.



TOOL THREE

Gentle movement

A stress response is built to end in movement. When a shift gives it nowhere to go, small, slow motion finishes what the body started rather than leaving it stored.

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- 1 Roll your shoulders back a few times, slowly.
 - 2 Let your spine round and arch, following your breath.
 - 3 Shake out your hands and arms for twenty seconds.
 - 4 Stop. Stand still and notice what settled.

Use it when you come off a call keyed up with nowhere to put it.



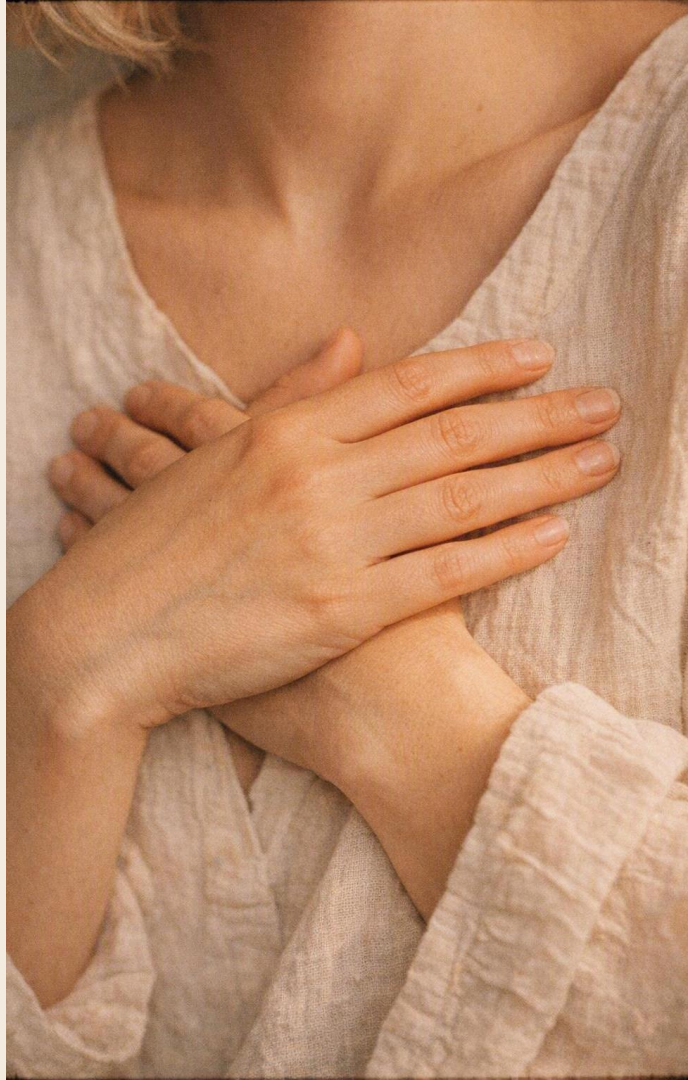
TOOL FOUR

Self-contact

Steady pressure from your own hands is one of the oldest signals of safety there is. It asks nothing of anyone else, and nobody has to see you doing it.

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- 1 Put one hand flat on your chest, the other on your belly.
 - 2 Let the hands be warm and still. No pushing.
 - 3 Or cross your arms and hold your upper arms firmly.
 - 4 Stay for a minute. Let the breath do what it wants.

Use it when you need something steadying and you are on your own.



MAKING IT STICK

Small, often, and before you need it.

These tools work best when they are already familiar. Practising while you are calm is what makes them available when you are not. Pick one, attach it to something you already do, and give it two weeks.

Anchor it. Same moment each day, after the rig check.

Start small. Two minutes counts. Ten you never do does not.

Stay patient. The change shows up in your baseline.

Ask for help. If something feels too big, use peer support.

