



First Nations Health Authority  
Health through wellness

# CRISIS AND TRAUMA

# Techniques for Grounding

## THE BENEFITS OF DEEP BREATHING

One way that you can re-set your body and help to move out of the fight, flight, freeze or trauma response, is to practice deep breathing. Simply take a deep, slow breath and continue to breathe in slowly until you can't breathe in anymore. Then start to breathe out slowly, and continue to breathe out for longer than you breathed in. At the end of your exhalation, you can continue to hold your breath for a count of six.

If you want to increase the effect on your body, you can hug your arms around yourself while you are doing this deep, slow breathing. Even three cycles of deep breathing can help to reset your body and will only take a minute or two.



## TRADITIONAL PRACTICES

First Nations people turn to practices they traditionally used in BC or to adopted practices from other Nations in Canada and around the world. Some of these include smudging with sweet grass and sage, cedar brushings, or brushing with an eagle feather. Each practice can provide grounding for individuals.

## AFFIRMATIONS ARE POWERFUL

Our thoughts are powerful tools and can change how we feel and behave. Affirmations can shift negative thought patterns and behaviours into positive ones.



What we say has an energy to it and affects ourselves and those around us. Speaking positively is like making a request to the universe. Affirmations can be positive reminders or statements that we use for feeling secure, increasing self-esteem, and becoming more positive, to name a few.

Affirmations can come from within ourselves (by creating them to fit what we need at the time) or they can be something that resonates with us.

## TRY ONE OF THESE AFFIRMATIONS

1. The Creator has chosen this journey for me because I can do it.
2. I create a safe and secure space for myself wherever I am.
3. Everything I have is a gift from the Creator.
4. I am connected to the Creator of all good things.
5. I give myself permission to do what is right for me.
6. I use my time and talents to help others \_\_\_\_\_ [fill in the blank].
7. What I love about myself is my ability to \_\_\_\_\_ [fill in the blank].
8. I feel proud of myself when I \_\_\_\_\_ [fill in the blank].
9. I give myself space to grow and learn.
10. I allow myself to be who I am without judgment.
11. I trust myself to make the right decision.
12. I am grateful to have people in my life who \_\_\_\_\_ [fill in the blank].
13. I am learning valuable lessons from myself every day.
14. I am at peace with who I am as a person.
15. I make a difference in the world by simply existing in it.
16. My ancestors are proud of me and watch over me lovingly.

