

# Grounding Strategies for Nightmares

Nightmares have been reported by many of the young people we work with. Grounding techniques can be particularly useful after a nightmare or a bad dream to help you feel safe and soothed.

## Sight

Turn on the light and re-familiarise yourself with your surroundings  
Look for important or meaningful items in your bedroom to tell your brain that you are in your room and you are safe.

## Sound

Listen out for familiar sounds within your environment e.g. traffic outside  
Listen to soothing music or an audio book.

## Touch

Feel the weight of your bedding and blankets on your body  
Hold any soft toys that you might have in your room  
Keep a stress ball or toy near your bed that you could squeeze or play with.

## Taste

Keep a glass of water by your bed.

## Smell

Keep a relaxing essential oil or unlit fragranced candle by your bed  
Spray fragrances used by loved ones onto a tissue or item of clothing and keep it by your bed.

