CVSVC Grounding Kits: A Tool for Advocates

What are the Grounding Kits?
Grounding kits are bags filled with tools that anyone can use when stress, trauma or vicarious trauma is overwhelming; or when staying grounded in the present is challenging. You can use the grounding kit as much or as little as you would like, and encourage you to modify it to best suit your style and needs.

What is in the Grounding Kit?
The grounding kit is filled with materials to engage all five senses: sight, smell, hearing, touch and taste. Each material engages at least one, if not more, senses. Some examples that we have found useful in the past are as follows:

- **Taste**: Chewing gum, candy, flavored lip balm, mints
- **Touch**: Stress ball, bendy toy, silly putty
- **Smell**: Scented bubbles, candles, scented spray
- **Sound**: Music (We enclose a playlist, but encourage you to create your own.)
- **Sight**: Notebook and pen (What do you see in the room? Find five things of your favorite color. Write down your thoughts and feelings.)

How do I use the Grounding Kit?
Try out the different activities to see what works for you, in what order, and for how long. If an activity in one sense does not work, try another. It may take a few tries.

Remember, sensory techniques are not intended to stop you from feeling altogether. The goal is to help you stay grounded in the present. If you need more help coping, don't be afraid to reach out to a trusted friend, family member or your mentor for help.