



NEAD TRUST

Sensory Grounding Technique

Helpful procedure for dealing with threatened seizures or panic attacks

It is a good idea to practice this regularly when you are feeling OK so that when you really need it you will remember exactly what to do. Then as soon as you get a seizure warning or start to panic:

- Feel something, preferably something rough or textured, with your fingers and thumbs. Really focus on what this feels like. As you do this also put your feet flat on the floor and be aware of the ground solid under your feet. If you are sitting down be aware of the chair solid underneath you.
- Look around you and really focus on the things you can see. Describe them to yourself in detail.
- Listen and see what sounds you can hear, e.g. people talking, birds singing, traffic noise etc
- Remind yourself where you are, what day of the week it is, what year it is, who you are with etc.
- Remind yourself that you are safe.