

Grounding Techniques for Helpers, Healers and High Achievers



A Resource Guide from Lumus Counselling &
Psychotherapy
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Understanding Your Sensitive System

As a sensitive high achiever, your capacity for depth and awareness is both a strength and a challenge. This guide offers practical techniques to help you stay grounded while honoring your sensitivity, especially in professional environments where you may feel overwhelmed by others' emotions or environmental stimuli.



What You'll Find in This Guide:

In this guide, you'll discover a collection of grounding techniques specifically designed for sensitive high achievers like you. From quick 5-minute practices you can use between meetings to deeper somatic awareness exercises for quiet moments, each section builds upon your natural capacity for depth while offering practical tools for professional settings. Whether you're navigating a busy workday or seeking deeper emotional regulation, you'll find gentle yet effective strategies to help you stay grounded while honoring your sensitivity. The techniques range from subtle desk practices to comprehensive daily rituals, allowing you to choose what resonates most with your needs and environment.



Quick Grounding Techniques

5- minute Grounding Practices

Perfect for busy workdays and between meetings



The 5-4-3-2-1 Technique

- See: Notice 5 things you can see
- Feel: Notice 4 things you can physically feel
- Hear: Notice 3 sounds in your environment
 - Smell: Notice 2 scents around you
- Taste: Notice 1 taste or sensation in your mouth



Hand Temperature Exercise

- Rub your hands together briskly for 10 seconds
 - Notice the warmth generated
- Place warm hands on your face or heart
- Feel the connection between body and breath



Object Anchoring

- Keep a small object in your pocket
- Notice its texture, temperature, weight
 - Use it as an anchor when feeling overwhelmed
- Connect it to a grounding phrase or intention

Somatic Awareness

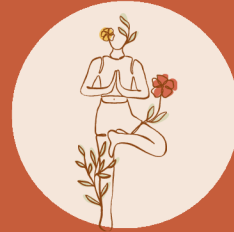
Body Based Regulation

For deeper integration during quiet moments



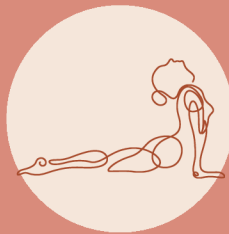
Body Scan Practice

- Start at your feet
- Move attention slowly upward
- Notice areas of tension/ease
- Send breath to tight spaces
- Allow natural release



Weighted Grounding

- Feel your feet on the floor
- Notice points of contact with chair
- Experience your body's weight
- Imagine roots growing down
- Feel supported by earth



Movement Medicine

- Gentle shoulder rolls
- Soft neck stretches
- Ankle rotations
- Mindful walking
- Subtle swaying



Grounding at Work

Subtle techniques for professional environments

Desk Practices

- Press feet firmly into ground
- Feel sitting bones on chair
- Touch thumb to each finger
- Take sips of cold/warm water
 - Use stress ball discretely



Meeting Strategies

- Ground through feet before speaking
 - Hold a cool water bottle
 - Use pen for tactile focus
- Practice quiet deep breathing
 - Maintain optimal posture

Digital Boundaries

- Regular screen breaks
- Eye movement exercises
- Stretch between tasks
- Mindful typing practice
 - Tech-free moments

Managing Emotional Intensity

Honoring Sensitivity While Maintaining Boundaries

Container Exercise



- Imagine protective bubble
 - Adjust its permeability
 - Filter external energy
- Maintain personal space
- Stay present but protected

Energy Management

- Regular energy check-ins
- Identify drainage points
- Create micro-boundaries
 - Schedule recovery time
 - Honor your limits



Emotional Scaling



- Rate current intensity (1-10)
- Choose matching technique
 - Track patterns over time
- Adjust response as needed
- Celebrate regulation wins

Daily Integration

Building Sustainable Practices

Morning Routine



- Gentle body wake-up
- Intention setting
- Physical grounding
- Energy protection
- Schedule preview

Evening Wind-Down

- Day's energy release
- Gentle movement
- Quiet reflection
- Tomorrow's preparation
- Gratitude practice



Workday Transitions

- Clear space between tasks
 - Reset posture
- Refresh environment
- Release accumulated tension
- Set new intention





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