Managing Non-Epileptic Attack Disorder (NEAD): Grounding strategies

*Grounding means bringing the **focus of attention** to the "**here and now**". The grounding strategies below are to be used when you first notice the warning signs before a NEAD episode.*

1. Notice the uncomfortable thoughts, feelings, memories and/ or sensations you are experiencing.

2. Focus your attention on your senses: sight, sound, taste, touch and smell. Here are some suggestions:

- **Notice your environment:**
  - **Describe what you can see in detail**. For example, "The walls are white; there are five pink chairs, there is a wooden bookshelf against the wall..."
  - **Count the number of:** red things, circles, lampposts, plug sockets, trees…
- **Notice your body**:
  - **Dig your heels into the floor.** Notice the tension in your heels and legs as you do this.
  - **Wiggle your fingers, tap your feet**. Notice that you are in control of this movement.
  - **Rub your arms and legs**. If you are feeling numb or have lost a sense of your body.
  - **Walk slowly.** Notice first your heel touch the ground, then the ball of the foot and finally the toes. When you attention wanders, bring it back to focus on the ground beneath your feet.
- **Touch:**
  - **Carry a grounding object** - a small object that you can focus on. Notice the weight, shape, texture, size, colour…
  - **Take hold of a piece of clothing.** Notice the texture and weight. Focus on what it feels like against your skin.
- **Taste:**
  - **Eat or drink** something with a strong taste (e.g. something sour, spicy or minty). Describe the flavours to yourself in detail.
- **Focus on your breathing:**
  - **Take 10 slow, deep breaths.** Notice each in-breath as it enters your nostrils, travels down to your lungs and causes your belly to expand. And notice each out-breath as your belly contracts and air moves up through the lungs back up through the nostrils or mouth.

Tips

It might be helpful to try a few different strategies to find one that suits you.

Practice at times when you are feeling ok, this will make it easier to do when you need it most.