



Grounding Techniques

Grounding techniques help bring your attention back to the present moment, especially when feeling anxious, overwhelmed, or disconnected. They use your senses, body, and mind to restore calm and stability.

■■ Sensory (5-4-3-2-1) Technique

A classic grounding exercise that engages your five senses:

1. 5 things you can see
2. 4 things you can touch
3. 3 things you can hear
4. 2 things you can smell
5. 1 thing you can taste

Say them slowly, aloud if possible, focusing on each sensation.

■■ Deep Breathing

Focus on your breath to calm your body and mind:

Inhale slowly through your nose for 4 counts, hold for 2, exhale through your mouth for 6.

Repeat several times, noticing the rise and fall of your chest or belly.

■■■■ Movement-Based Grounding

Use movement to reconnect with your body:

Stretch, roll your shoulders, walk slowly and notice each step. Press your feet firmly into the floor and focus on the contact.

■ Cognitive Grounding

Reorient your thoughts to the present moment:

State the date, time, and location. Count backward from 100 by sevens. Say the alphabet

backward or list all the states you can remember.

■ Physical Sensation Techniques

Bring attention to your body through touch or temperature:

Hold an ice cube, run cool or warm water over your hands, touch textured objects, or smell something distinct like citrus or mint.

♥■ Self-Soothing Grounding

Combine grounding with kindness and comfort:

Wrap yourself in a blanket, speak to yourself kindly ('I'm safe right now'), or listen to calming music.

✍️■ Grounding Through Writing

Write about your present experience:

Describe your surroundings in detail or journal using 'Right now, I am...' statements to anchor in the here and now.