

Grounding Techniques

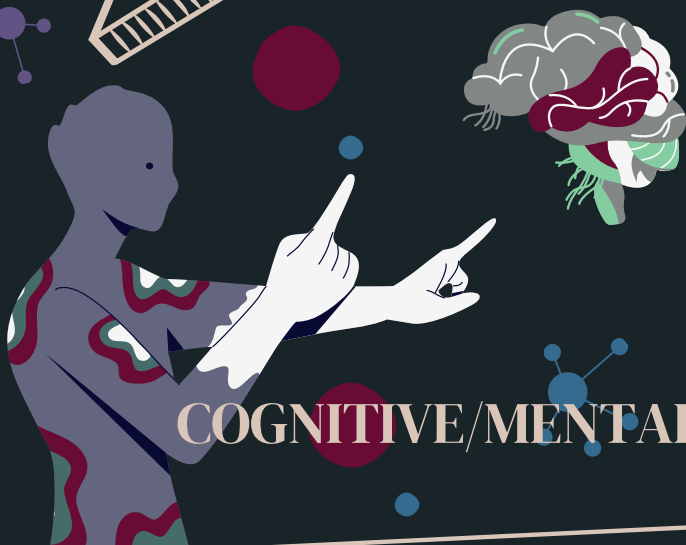
Grounding is a practice that can help you pull away from flashbacks, unwanted memories, panic attacks, and negative intense or challenging emotions. These techniques may help distract you from what you're experiencing and refocus on what's happening in the present moment, or move through the present moment.

SOOTHING



- Picture the voice or face of someone you love (or an item that brings you joy)
- Repeat, compassionate phrases to yourself ("You're trying hard, and you're doing your best")
- Sit with a pet
- List favorite things or visualize your favorite place
- Plan out details of an enjoyable activity
- Touch something comforting
- Listen to music

COGNITIVE/MENTAL



- Mentally recreate a picture after looking at it
- Choose a category; list as many items as you can
- Run a times table or count backwards from 50
- Recite something
- Make yourself laugh
- Use an anchor phrase/mantra
- Visualize a task you enjoy or don't mind doing
- Describe a task (or what's around you) in detail
- Visualize yourself leaving the painful feelings behind



DID YOU KNOW?

These techniques are evidence-based for success in managing symptoms associated with anxiety, PTSD, dissociation, self-harming impulses, traumatic memories, and substance use

- Put your hands in water (varying between warm and cold)
- Touch items/surfaces near you
 - Breathe deeply
 - Savor a food, drink or scent
- Take a short walk (bonus for touching grass)
 - Hold a piece of ice
 - Move your body
- Listen to surroundings
 - Feel your body
- 54321/senses (5 things you can see; 4 things you can hear...)

PHYSICAL



PRO-TIPS

- Decide your go-to's ahead of time
- Practice (when you aren't in distress)
- Start early - don't wait for it to escalate
- Stay an observer (focus on facts, not feelings)
- Keep your eyes open
- Check-in with yourself before and after

