
Grounding Techniques

Your Grounding techniques help you reconnect to the present moment when your nervous system becomes overwhelmed, anxious, or stuck in overthinking. These tools work by shifting your attention away from distressing thoughts or sensations and back into your body, your breath, and your environment. You do not need to wait until you feel “bad” to practice grounding. Practicing them regularly trains your nervous system to return to safety faster.

5-4-3-2-1 Sensory Grounding

Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste

Use when: your mind is spiralling or you feel detached.

Why it works: It shifts attention away from distressing thoughts and back into the external world, signalling to the brain that you're safe.

3-Point Touch

Place one hand on your chest and one on your stomach. Notice warmth and movement.

Use when: you feel numb, shaky, or disconnected.

Why it works: Physical touch anchors you in your body and engages the brain's calming pathways through sensory feedback.

Temperature Reset

Use cold or warm sensations; an ice cube, cold bottle, or warm compress.

Use when: you need a fast shift out of panic or racing thoughts.

Why it works: A sudden temperature change interrupts anxious thought loops and brings the mind into the present moment.

Simple Movements

Press your feet into the floor, stretch your hands, roll your shoulders.

Use when: you feel frozen or physically tense.

Why it works: Movement reduces muscle tension and signals to the nervous system that you're grounded and not in danger.

Anchor Object

Hold an item (stone, fabric, bracelet) and focus on texture, weight, and temperature.

Use when: you need a quick, discreet grounding tool.

Why it works: Sensory focus interrupts racing thoughts and provides a steady, predictable point of attention.