



# Grounding Techniques

## Seven ways to reconnect with the present



Grounding techniques can help when you feel overwhelmed, anxious, dissociated, or caught in distressing thoughts or memories. They do not make everything disappear, but they can help you reconnect with the present moment and steady your body.



### 5-4-3-2-1 Senses

*Bring your attention back to the world around you.*

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 thing you can taste



### Feet on the Floor

*Use your body to reconnect with the here and now.*

- Press both feet into the ground
- Notice the chair or floor supporting you
- Push your hands into your thighs or together
- Say to yourself: "I am here right now."



### Breathing Exercises

*Use a steady rhythm to help your body settle.*

- |                      |          |
|----------------------|----------|
| <b>Box breathing</b> | 6-2-8    |
| • In 4               | • In 6   |
| • Hold 4             | • Hold 2 |
| • Out 4              | • Out 8  |
| • Hold 4             |          |
- Skip breath holds if uncomfortable.

Repeat for 1-5 minutes



### Temperature

*Use a clear physical sensation to anchor attention.*

- Hold a cool drink or wash your hands
- Notice the temperature, texture, and weight
- Stay with the sensation for 30-60 seconds
- Breathe while you focus on what you feel



### Push and Release

*Use muscle tension and release to reconnect with your body.*

- Press your hands together or push against a wall
- Hold for 5-10 seconds
- Slowly release and notice the change
- Repeat 3-5 times if helpful



### Grounding Through Movement

*Gentle movement can help bring you back into the present.*

- Walk slowly and notice each step
- Stretch or roll your shoulders
- Stamp your feet gently or march on the spot
- Notice how your body moves and feels



### Calm or Steady Place

*Picture a real or imagined place that feels calm, steady, or comforting.*

- Notice what you can see, hear, smell, and feel there
- Identify one detail that helps you feel more settled
- Choose a word, image, or gesture to help you recall it
- If imagery makes things worse, open your eyes and return to a more concrete grounding skill



### A few helpful tips



- Practise these skills when calm so they are easier to use when distressed.
- Different strategies work for different people — try a few and notice what helps.
- If a technique makes you feel worse, stop and try another or seek support.



Grounding is not about making thoughts or feelings vanish. It is about helping you reconnect with the present moment so you can take the next helpful step.

