



Grounding Techniques

for stress & anxiety

Grounding techniques are strategies to help connect with the present moment when experiencing intense and overwhelming feelings. Using grounding techniques can result in your body feeling regulated and calm. Grounding can also help with being able to process information after experiencing a heightened sense of danger or discomfort.

Sensory/ Physical Techniques

- Take deep breaths. Inhaling for 5 seconds and exhaling for 5 seconds.
- Taking an ice cube and placing it on your neck.
- Stretching: reaching as far above your head as you can and expanding your arms to your side.
- Rubbing your palms together briskly and experiencing the warmth between your hands.
- Find a textured object and rub your fingers across it feeling and describing the texture. Carrying a small textured rock in your pocket may be helpful.
- Smelling calming scents such as lavender, peppermint, and sage.
- Taking a walk.

these techniques
can be used as
many times as
needed

Mental Techniques

- Categories: pick one topic you are familiar with and name as many things in that category as you can.
- Describe everything you can see in detail (color, height, texture, size, shape, etc.).
- Instructions: identify something you do often and describe each step (i.e. recipe, video gaming, propagating plants, driving, etc.).
- Count backward from 100. Try it by ones, sevens, or another number.
- Imagine your favorite place and describe it to yourself in detail. Imagine what it would be like if you were there, include any scents or sounds that are particular to that place.