

Grounding Techniques

Grounding is a practice that can help you pull away from flashbacks, unwanted memories, and negative or challenging emotions. It can be helpful and calming to practice these techniques even when you are not in crisis.



Practice focusing on your breath. Try a new breathing technique. Scan this QR to view our poster that demonstrates multiple breathing styles. Find what works best for you!

5-4-3-2-1 Method

Find:

5 things you hear

4 things you see

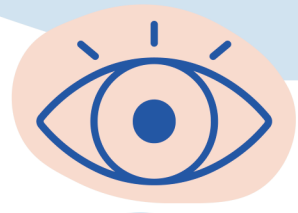
3 things you can touch from where you're sitting

2 things you can smell

1 thing you can taste

Body Scan

Take a moment to close your eyes and slowly check in with each part of your body, starting at your toes and moving to the top of your head. Notice how each part feels, notice pain, notice tension, notice how your clothes feel on your skin, notice the temperature. If you need help with this search for a body scan meditation to get you started.



Sight

Close your eyes and visualize yourself in a calming place like a beach, Look around the room, Explore the corners where the ceiling and walls meet



Sound

Listen to music or calming a calming soundtrack, Focus on the sound of your breath, Listen to a meditation track, or a podcast



Smell

Sniff a calming essential oil or perfume, like peppermint or lavender, Light your favorite candle, Use a scented bath bomb



Taste

Suck on sour candy, if you're eating a meal focus on chewing your food, notice the taste and texture of it, Chew on minty gum

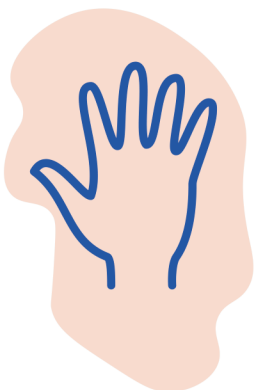
Talking

Repeat affirmations, Say an anchoring statement, Talk to someone you trust about how you're feeling, Sing

Anchoring Statement Example:

"I'm Full Name. I'm X years old. I live in City, State. Today is Friday, June 3rd. It's 10:04 in the morning. I'm sitting at my desk at work. There's no one else in the room."

You can expand on the phrase by adding details until you feel calm, such as, "It's a sunny day outside. I can see squirrel in the tree through my window. I'm feeling hungry, so I'm going to eat a snack and take a break."



Touch

Play with a fidget toy, Touch a pleasing texture, Give yourself a hug, Try tapping on your chest or the top of your head, Hold your hand on your chest, Hold an ice cube in your hand or an ice pack to your chest, Take a cold shower or ice bath

Movement

Dance, Go for a short walk, Exercise, Stretch, Shake it out!

