

# Grounding Techniques

**Grounding Techniques are there for a time when you feel anxious to help you to concentrate on what is happening to your body and your surroundings rather than being trapped in your own mind with distress**

## **Why they are useful:**

It can help you stay with the present moment rather than thinking about what worries you in the future or what worried you in the past. In this booklet, there are some grounding techniques that may help you with this:



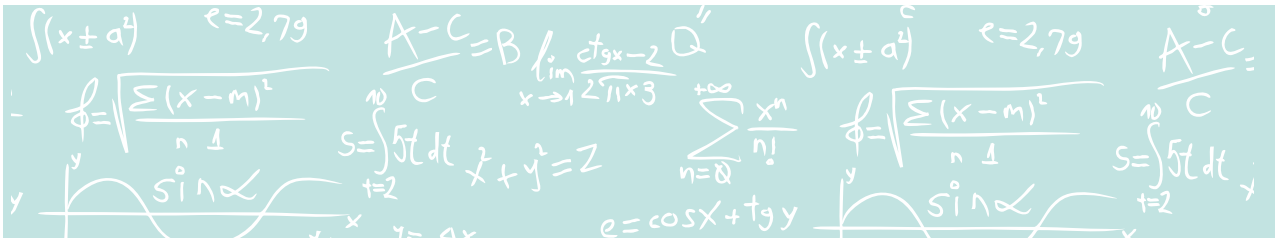
# The 5-4-3-2-1 method



This is a technique to help you concentrate on all five of your senses.

- To begin with, close your eyes and take a deep breath in and out. Then open them and name out loud:
- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste
- Take a deep breath to finish

# Distraction Method



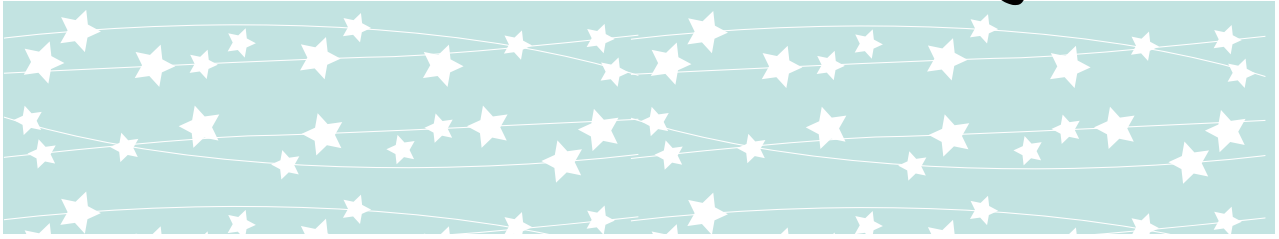
- Another way to ground yourself is the distraction method. For this begin by taking a deep breath and looking around your surroundings and pick something to count.
- For instance, you could be counting the amount of trees you can see or the number of white cars.
- You can also mentally distract yourself through trying to double numbers in your mind starting with the number 2 and moving to 4, 8, 16 etc. - this can be quite challenging so may help to distract your mind from the distressing thoughts.

# Category Technique



- This is a technique which helps ground you through asking you to list as many items in a certain category as you can.
- For instance, think of all the different types of fruit, animals or famous people that you can name and say these out loud.
- You could even choose to do this in alphabetical order if you'd like e.g. if you think of fruit then you'd list apple, banana, cranberry etc.

# 4-7 Breathing



- When we are stressed, anxious or angry we breathe faster and take in too much oxygen which can lead to dizziness and a feeling of panic. This grounding technique may help with this. To do this technique:
- First count to 4 in your head (or on your fingers) as you breath in
- Count to 7 as you breath out
- To make your out breath last longer imagine you're breathing through a straw
- Repeat for 5 minutes or until you feel calmer

# Rooted



- This technique is useful to clear your mind and calm your emotions it can be helpful to focus fully on the present and feel rooted to the earth.
- Sit or stand with your feet placed flat on the ground or lie down on your back the ground
- Close your eyes and breathe deeply and focus your attention on the parts of your body touching the ground one by one. What does it feel like?
- Feel the ground support and hold your body.
- Allow your body to grow heavy and sink into the ground.
- Imagine your body growing roots into the earth.