

Grounding Techniques

Grounding techniques help control feelings of anxiety and panic by focusing attention away from the triggering thought or worry, and re-focusing on the present moment.

5-4-3-2-1 Technique

This technique focuses your attention on your surroundings using each of your senses. Try to focus on small details that your mind would usually ignore, such as distant sounds, or the texture of an object.

	<p>What are 5 things you can see? Look for small details, such as the pattern on the ceiling, or an object you haven't noticed before.</p>
	<p>What are 4 things you can feel? What do your clothes feel like on your body, the sun on your skin, the chair you're sitting in. Or pick up an object and notice the weight and textures.</p>
	<p>What are 3 things you can hear? Notice the sounds your mind ignores; distant traffic, birds, the wind, a clock ticking.</p>
	<p>What are 2 things you can smell? Notice smells in the air around you; grass, flowers, the smell of food, or an air freshener.</p>
	<p>What is 1 thing you can taste? Take a bite of some food. What flavours do you notice? What sensation does it cause in your mouth?</p>

Categories

Choose at least 3 of the categories below, and name as many items as you can for each category. Spend a few minutes on each category.

Movies	Countries	Books	Cereals
Sport Teams	Colours	Cars	Fruit/Vegetables
Animals	Cities	TV Shows	Famous People

Body Awareness

This technique will bring you to the here and now by directing your focus to the sensations in your body.

1. Take 5 long deep breaths through your nose, and exhale through pursed lips.
2. Place both feet flat on the floor. Curl and uncurl your toes several times
3. Stomp your feet on the ground several times.
4. Clench your hands into fists, then release. Repeat 10 times.
5. Press your palms together. Press them harder and hold for 15 seconds before releasing.
6. Rub your palms together quickly. Notice when your palms begin to feel warm.
7. Reach your arms over your head as high as you can. Stretch like this for 5 seconds, and then rest your arms by your side.
8. Take 5 more long deep breaths through your nose, and exhale through pursed lips.

Mental Exercises

Use mental exercises to distract yourself from worries or uncomfortable thoughts. They are easy to use at any time or place.

- Name all of the objects that you can see
- Describe all of the steps involved in an activity that you know well
For example how to shoot a basketball or ride a bike, how to prepare a meal, how to make origami
- Count backwards from 100 in different ways
For example by 3s, 5s, 7s, 10s, 15ths
- Pick up an object and describe it in detail. Describe colour, texture, size, weight, scent, and anything else you notice
- Spell your full name, and the names of 3 other people backwards
- Name all of your family members, their ages, and their favourite activity
- Read something backwards, letter-by-letter. Practice for a couple of minutes
- Think of an object and draw it in your mind, or in the air with your fingers