

# Grounding Techniques

Grounding is a technique that helps someone stay in the present moment and can help you to become calm.

## 5 Senses Exercise

Trace hand on paper and label each finger with one of the senses. Add a picture to represent the sense (ring finger something you can smell for example lavender). Post it in several places, like the car if driving is a trigger. When anxiety starts to increase breathe deeply and stare at your hand. Go through the 5 senses exercise from memory.

### 5-4-3-2-1 Exercise

Name 5 things you can see

Name 4 things you can feel

Name 3 things you can hear

Name 2 things you can smell or like to smell

Name 1 thing you like about yourself

## My Favourite Things

Make a list of some favourite things that make you feel really good like baking cookies with your family or taking a walk on the beach. When anxiety is triggered, take 3 deep breaths and imagine feeling more relaxed with each breath. Try to see one of your favourite things in your mind's eye. Try to hear the sounds. Can you smell the smells? How do you feel in that place? Then return to a focus on your breathing.

## Where am I today?

Bring your attention to the present moment and place by asking questions:

1 Where am I?

2 What is today?

3 What is the date?

4 What is the month?

5 What is the year?

6 How old am I?

7 What season is it?

