

# GROUNDING TECHNIQUES

## What is Grounding?

- A simple set of strategies to detach from emotional pain (e.g., anger, sadness, annoyance).
- Works by focusing outward on the external world, rather than inward toward the self.
- Grounding can be done at *any time, any place, anywhere*, and no one has to know.
- Important to focus on the present, not the past or future.
- Types of grounding include mental, physical, and soothing grounding.



### Mental Grounding Techniques

- ◆ Describe your environment in detail, using all of your senses.
- ◆ Play a “categories” game with yourself, naming all of the things you can think of in that category.
- ◆ Describe an everyday activity in great detail.
- ◆ Read something, saying each word to yourself.
- ◆ Notice the temperature and the sounds in the space around you.
- ◆ Count to 10 or say the alphabet, *very slowly*.
- ◆ Repeat a favorite saying to yourself.

### Physical Grounding Techniques

- ◆ Run cool or warm water over your hands.
- ◆ Grab tightly onto your chair as hard as you can.
- ◆ Press your heels into the floor, and notice how it feels.
- ◆ Carry something small with you that grounds you, such as a rock or a piece of fabric.
- ◆ Jump up and down and stretch.
- ◆ Walk slowly, saying “left” and “right” with each step.
- ◆ Eat something. Describe the flavors in detail to yourself.

# 5 - 4 - 3 - 2 - 1 Game

Look around you. Identify and name:

- 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



## Soothing Grounding Techniques

- ◆ Say kind and encouraging statements to yourself, such as “you can do this.”
- ◆ Think of a place where you have felt calm and peaceful.
- ◆ Plan something nice for yourself, such as a bath, a good meal, or being around friends.
- ◆ Picture people you care about.
- ◆ Remember the words to an inspiring song, quote, or poem.
- ◆ Think of things you are looking forward to in the next week.
- ◆ As you breathe, on the exhale say something calming, such as “relax” or “it’s okay.”

