

# Grounding Techniques

*In-the-moment tools to reconnect with the present*

## When to use grounding

Grounding helps when you feel anxious, overwhelmed, dissociated, or caught in a spiral of thoughts. The goal isn't to make the feeling disappear — it's to anchor you in the here and now so you can respond instead of react.

## Sensory grounding

- **5-4-3-2-1:** 5 things you see · 4 you feel · 3 you hear · 2 you smell · 1 you taste.
- **Temperature shift:** hold an ice cube, splash cold water, or sip hot tea.
- **Texture check:** run your hands under warm water; notice the sensation on each finger.
- **Scent anchor:** keep a small essential oil (peppermint, lavender) nearby.

## Breath-based grounding

- **Box breath:** inhale 4 · hold 4 · exhale 4 · hold 4.
- **Physiological sigh:** two quick inhales through the nose, one long exhale through the mouth.
- **4-7-8:** inhale 4 · hold 7 · exhale 8. Repeat 3 times.

## Body-based grounding

- Press your feet firmly into the floor and notice the contact.
- Push your palms together for 10 seconds, then release.
- Slow shoulder rolls — 5 forward, 5 back.
- A 2-minute walk, ideally outside.

## Cognitive grounding

- State facts: your name, today's date, where you are, what you can see.
- Count backward from 100 by 7s.
- Name every state, book title, or song you can think of starting with a chosen letter.

## Build a personal toolkit

Try three techniques this week and keep the two that work best. Save them in your phone under "Grounding" so they're easy to find when you need them most.

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