



Grounding Skills



What are they?



Grounding skills help relieve stress, anxiety, or panic by bringing you back in to the present. Most of these skills can be used anywhere to help calm you down when you feel overwhelmed.



Examples



Focus On Breathing: Slowly breathe in and out. Notice how your stomach moves in and out with each breath. Think "in" and "out" as you breathe.

5-4-3-2-1: Count down by using your senses. For example, list five things you see, four things you hear, three things you can touch, etc.

Touch Something: Touch something and notice how it feels. Is it soft? Heavy? Cold? Hot? Think of ways to describe the item you are touching.

Describe Things: Say or think the details of who you are and what you are doing. For example, state your name, age, where you are, what date it is, etc.

Gratitude List: Say, think, or write five things you are grateful for. Try to be specific and focus on positives.

Listen to Music: Focus on the details of the song you are listening to. Think of the rhythm, melody, instruments, etc.