



TIPS FOR EFFECTIVE GROUNDING

- Prioritize good sleep habits
- Connect with nature
- Practice regularly
- Keep a list of techniques that work for you handy
- Use grounding techniques as soon as you notice yourself starting to feel overwhelmed or anxious
- Carry a small object with you to touch when you feel distressed to help reduce anxiety and distress



It might take some trial and error to find the techniques that work best for you. Be sure to add this list to your Self-Care Kit.

Visualization

- Picture a safe place in your mind.
- What does it look like?
- Are there any colors that come to mind?
- Are there any sounds or scents you can focus on?

Body Scan

- Close your eyes and focus on the toes of your right foot
- Move up the right side of your body and consciously relax each area
- Once you reach your head, begin moving down the left side of your body until you reach your toes

Count Backwards

- Count backward from 100 by twos or threes
- Visualize each number to center you in the present

Touch and Texture

- Run your hands under water and focus on the temperature and how it feels

Walk

- Take a walk and pay attention to the sensations of each step and the rhythm of your breathing

Spend time with an animal

- Sitting and stroking a pet can reduce anxiety



Humor

- Laughter is the best medicine for a reason. Think of something funny to help shift your mood and put your mind at ease.

5-4-3-2-1 Technique

- Think of 5 things you can see
- Think of 4 things you can touch
- Think of 3 things you can hear
- Think of 2 things you can smell
- Think of 1 thing you can taste

Physical Objects

- Anchor yourself in the present by holding a small object in your hand
- Feel its texture, weight, and even its temperature

Feet on the Ground

- Put your bare feet on the floor and focus on the sensation to connect to the present

Stretch

- Do some stretches that bring your body back to a state of awareness

Listen to Soothing Music

- Choose music that helps you feel calm and relaxed

Aromatherapy

- Light a scented candle, some incense or smell something that invokes pleasant thoughts

Grounding is a powerful tool to help brighten your day and put your mind and body at ease. Add this sheet to your Self-Care Kit to help rejuvenate life's stormy days.