

Grounding Techniques

Here are three simple grounding techniques to help reduce anxiety and bring focus:

1. The 5-4-3-2-1 Technique

Focus on your five senses to anchor yourself to the present:

- 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

2. Feet-on-the-Floor Breathing

Sit down and plant your feet firmly on the ground. Take slow, deep breaths. With each inhale, notice the sensation of your feet pressing into the floor. Exhale slowly, letting tension leave your body.

3. Object Focus

Pick up a small object (a pen, stone, or piece of jewelry). Hold it in your hand and describe it to yourself in detail. Focus on its weight, texture, temperature, and shape. Stay with this for one minute.

Use these anytime you feel overwhelmed or need a reset.