A menu of grounding techniques

Different things work for different people. Try several and keep what helps.

Grounding means anchoring your attention in the here and now. Use it when you feel overwhelmed, spaced out, panicky or caught in a memory. Tick the ones you want to try.

Using your body

- [ ] Press your feet into the floor and notice the pressure
- [ ] Hold something cold, or run cold water over your wrists
- [ ] Stretch, stamp your feet, or push against a wall
- [ ] Clench your fists, then let them go
- [ ] Walk, counting your steps
- [ ] Hold a warm mug in both hands

Using your mind

- [ ] Describe the room in detail, out loud
- [ ] Say the date, the time and where you are
- [ ] Count backwards from 100 in sevens
- [ ] Name an animal for each letter of the alphabet
- [ ] List everything you can see that is blue
- [ ] Read something out loud, slowly

Soothing yourself

- [ ] Say something kind to yourself, as you would to a friend
- [ ] Picture a place where you feel calm and safe
- [ ] Listen to a favourite song
- [ ] Wrap up in a blanket
- [ ] Smell something you love
- [ ] Think of people who care about you

Tips

Practise when you are only a little stressed, so the skills are ready when you need them. Keep your eyes open. Rate your distress from 0 to 10 before and after, to learn which ones work for you.

My top three

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This handout supports your therapy. It does not replace professional advice.