12 Grounding Techniques

When anxiety spikes, pick one. In a panic attack, start with the body or breath.

Senses

5-4-3-2-1: Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.

3-3-3: Name 3 things you see and 3 sounds you hear, then move 3 parts of your body.

One object: Describe one object in detail: color, weight, texture, temperature.

Cold or textured: Hold an ice cube, a cold can, or a rough fabric and notice how it feels.

Body

Cold water: Splash very cold water on your face, or hold a cold pack over your eyes and cheeks.

Feet on the floor: Press your feet into the floor and notice the pressure and your weight in the chair.

Butterfly hug: Cross your arms, hands on opposite shoulders, and tap left and right slowly.

Breath and voice

Long exhale: Breathe out slowly for longer than you breathe in. Keep it gentle.

Humming: Hum on each out-breath and notice the vibration in your chest and face.

Thinking

Categories: Name an animal, city, or food for every letter from A to Z.

Count back: Count back from 100 in sevens, or in threes if that's too hard.

Grounding statement: Say your name, where you are, today's date, and "this is anxiety, it will pass."

Practice two or three of these when you feel calm, so they're easier to remember when you need them.

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