

# grounding 101

## what is grounding?

- a coping skill that provides feelings of stability and safety during intense symptoms or emotions
- useful for preventing and coping with anxiety, panic attacks, flashbacks, or dissociation
- a short-term solution used to tolerate difficult moments

## for best results, practice grounding daily

- frequent practice will help you remember grounding techniques during difficult moments, when it's hard to think clearly
- ...AND, will establish an association in your brain between grounding techniques and feelings of calm, making them more effective. (if you are ONLY using grounding when anxious, your brain will associate them with anxiety, and they'll be less effective).

## 5 ways to ground

breathe in and out, slowly. listen to the sound of your breath. notice your chest moving.

count 5 things you see  
4 things you feel  
3 things you hear  
2 things you smell  
1 thing you taste

hold a small object in your hands. observe it using your five senses. describe with facts only.

think of a category, like "types of dogs," "movies," "cars," or "fruits." name as many as you can.

feel your feet in your shoes and on the ground. notice where your bottom, legs, and back make contact with the chair or floor.