

Grounding Techniques

Using grounding techniques help to control and alleviate the symptoms you feel during an anxiety or panic attack by turning your attention away from thoughts and worries and bringing your focus back to the present.

Categories

Choose a couple of items from the list below and name as many things as you can that fall into that category. You can make it extra challenging by trying to list items in alphabetical order.

Books Fruits & Vegetables Colors
Songs Animals Ice Cream
Flavors Cars Countries Cities



Mental Exercises

Mental exercises are helpful as quick and discreet ways to help you refocus and reduce your anxiety symptoms.

- Make a list of everything that you can see around you.
- Spell your name backwards. Do the same with the names of 3 other people.
- Think of an object and draw it in your mind or draw it in the air with your finger.
- Count backwards from 100 by 3s or 5s.
- Describe all of the steps in an activity that you know how to do well. Examples could be baking a cake, how to draw a dog or how to tie a shoe.
- Find an object and describe it in detail – how it looks, its color, texture, what it smells or tastes like, etc.

5-4-3-2-1 Technique

This is a very effective calming technique to bring your mind back to the present and become aware of where you are and your surroundings.



1. Find or name 5 things you can see. Say them out loud if you are comfortable doing so, otherwise say them in your head.



2. Name 4 things you can feel. Notice your body and any sensations, such as your clothes against your skin, the breeze if you are outside, the feeling of the sun's warmth on your skin.



3. Find 3 things you can hear. Listen to what is happening around you. It could be traffic outside your window, children playing outside, a song on the radio. Pay attention to sounds your mind typically tunes out.



4. Name 2 things you can smell. The coffee brewing, freshly cut grass or an air freshener. If you can't immediately find anything with a scent, simply name your 2 favorite smells.



5. Name 1 thing you can taste. Your favorite food, a rich chocolate, a sip of warm peppermint tea, anything that you love and can conjure up the taste of easily.

