

# Grounding Techniques

## f o r d e - e s c a l a t i o n

### Physical

- Put your hands in water
- Pick up or touch items near you
- Breathe deeply
- Savor a food or drink
- Take a short walk
- Hold a piece of ice
- Savor a scent
- Move your body
- Listen to your surroundings
- Notice your senses
- 5-4-3-2-1 Method
  - 5 things you can see
  - 4 things you can hear
  - 3 things you can touch
  - 2 things you can smell
  - 1 thing you can taste

### Mental

- Play a memory game
- List items in categories
- Do mental math
- Recite something (ex. poem, song)
- Use an anchoring phrase
  - ex. "I am okay, I am here"
- Narrate situation
  - ex. "It's raining, but I can see the sun. I'm thirsty, so I'm going to make a cup of tea"
- State known facts
  - ex. "I am *full name*, I am *X* years old, I live in *city, state*"
- Visualize a mundane activity (ex. folding laundry)
- Describe a common task, giving step by step instructions
- Imagine yourself leaving the painful feelings behind
- Describe your surroundings

### Soothing

- Picture the face/voice of someone you love
- Practice self-kindness and self-talk
  - "You are strong, you can do this"
- Sit with your pet
- List favorites (ex. 3 favorite books, movies)
- Visualize your favorite place
- Plan an activity
- Touch something comforting
- List positive things that bring you joy, visualize them as you do so
- Listen to music

## Additional Tips

- Practice even when you aren't in distress
- Start early (*don't wait for distress to escalate to use these techniques*)
- Avoid assigning values (*ex. focus on facts, rather than your feelings about what is around you*)
- Check in with yourself (*rate your distress before and after on a 1-10 scale*)
- Keep your eyes open (*this makes it easier to remain connected to your surroundings*)