

Grounding Techniques Guide

Grounding techniques use your senses and your body to bring attention back to the present moment. They are especially useful during anxiety, panic or overwhelm, when thoughts can feel far ahead of where you actually are. This guide offers several different ways to ground, so you can find what works in different situations.

The five senses method

SEE

Name five things you can see around you right now.

TOUCH

Name four things you can physically feel or touch.

HEAR

Name three things you can hear right now.

SMELL

Name two things you can smell, or two smells you enjoy.

TASTE

Name one thing you can taste, or a taste you enjoy.

Grounding through the body

1

Press your feet into the floor

Notice the surface beneath you and the support it offers.

2

Clench your fists gently, then release

Repeat this a few times, noticing the contrast between tension and ease.

3

Place a hand on your chest or stomach

Notice the warmth and the movement of your breath under your hand.

4

Stretch your arms above your head

Notice the feeling of your muscles lengthening.

Grounding through orientation

Simple factual statements can help anchor you in the present moment when thoughts feel far away.

Say or write today's date, the time, and where you are right now.

Say or write three true, simple facts about your surroundings.

Which method felt most steadying for you today?
