

Grounding Techniques

Some coping strategies to help with panic attacks, flashbacks, and negative emotions. These techniques can help distract you and refocus on what is happening in the present moment.

5,4,3,2,1 exercise

Use your senses to list things around you.

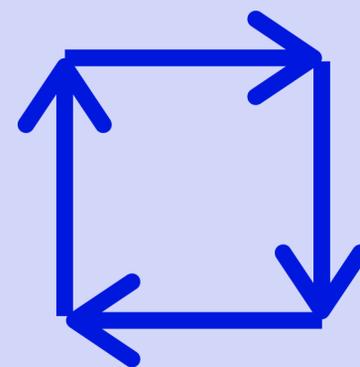
Ex: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.



Boxed breathing

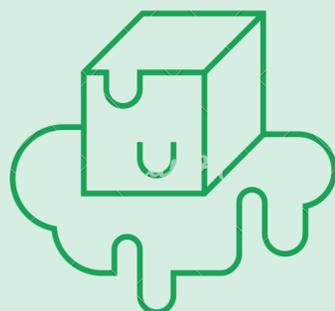
Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds.

Repeat as needed.



Hold a piece of ice

What does it feel like? How long does it take until it starts to melt? What does it feel like after it melts?



Describe a common task

Think of an activity you do often or can do very well and describe the process as if you were teaching someone else.

Examples include making coffee, feeding your cat, tuning an instrument, cooking your favourite meal, or driving to the grocery store.



Think in categories

Choose a broad category such as "musical instruments", "mammals" or "ice cream flavours".

Take a minute and list as many items in that category as you can.



Feel your body

Either sitting or standing, notice how your body feels. Focus on each part, head to toe.

What do your feet feel like on the ground? Can you feel your shirt touching your shoulders? Are your arms loose or stiff? Are your legs crossed?

Also try tensing muscles individually. Squeeze your hand into a fist then release it. Wiggle your toes and take note of how it feels.



Mental math

Even if you don't like math, numbers can centre you. Try these:

-Counting backwards from 100 (by 1 or larger increments like 7)
-Going through a times table in your head

