

Grounding Techniques

Grounding focuses on distraction strategies is intended to help when you're overwhelmed with emotions. Grounding "anchors" you to the present and to reality, helping you get through stressful moments and gain control over negative or challenging emotions.

The 5-4-3-2-1 Grounding Technique. The goal with this exercise is to use the five senses to focus on the moment. It involves thinking about 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste in your immediate environment.

Play the categories game. Try to think of "types of dogs," jazz musicians," "states that begin with 'A'," "cars", "TV shows," "writers," "sports," "songs," "cities," , etc. Challenge your brain to list as many things in those categories as possible.

Describe the steps in performing an activity you know how to do well. For example, explain how to shoot a basketball, prepare your favorite meal, or tune a guitar. Go through the process step-by-step, as if you're giving someone else instructions on how to do it.

Read something, saying each word to yourself. Or you can read each letter backward so that you focus on the letters and not on the meaning of words.

Touch various objects around you; a pen, your clothing, the table, the walls. Notice textures, colors, materials, weight, temperature. Compare objects you touch; Is one colder? Lighter?

Carry a grounding object in your pocket – a small object (a small rock, clay, a ring, a piece of cloth or yarn) that you can touch whenever you feel triggered.

Move your body. Do a few exercises or stretches. For example, you can try jumping up and down, clenching and releasing your fists, walking slowly, stretching different muscle groups one by one. Pay attention to how your body feels with each movement and when your hands or feet touch the floor or move through the air.

 Clinically reviewed by Calmerry professionals