



SAMPLE GROUNDING TECHNIQUES

- Hold stuffed animal or comforting object
- Hold something cold or place a bag of frozen vegetables on your neck
- Listen to calming music
- Focus on someone's voice (provided it's soothing or calming)
- Consider calling a friend
- Safe/Comfortable Place Exercise
- Mindful Breathing (eyes open) Focus on the inhalation and exhalation
- Do things that involves each of your senses
- Choose a grounding phrase such as "I'm an adult now and I'm safe."
- Keep a log to understand what triggered you and how you can react differently
- Go for a walk
- Do something with you hands like drawing, gardening, journaling,
- Take a shower or bath
- Step outside. If it's warm, feel the sun shining down on your face. If it's cold, feel the breeze. How does it make your body feel?
- Spritz your face (with eyes closed), neck, arms, with a fine water mist
- Spray yourself with your favorite perfume and focus on the scent
- Bite into a lemon, orange, or lime, and notice the flavor, scent
- Count backwards from 100 by 3s, 6s, or 7s or count up by prime numbers or perfect squares