

Grounding Techniques for Anxiety Relief: Stay Present & Calm

💡 Save this cheat sheet for quick access whenever you need grounding!

Emergency Grounding Reminder

- ✓ Move your body (shake your arms, stretch, or run in place).
- ✓ Engage your senses (touch, taste, smell, sound, sight).
- ✓ Orient to your present environment
- ✓ Repeat: *"I am here. I am safe."*


What is Grounding?


Grounding helps bring you back to the present moment by engaging your senses and body. It is useful when feeling anxious, overwhelmed, or disconnected.


Mental Grounding Techniques

 5-4-3-2-1 Method Identify:


- 5 things you can **see**
- 4 things you can **touch**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 thing you can **taste**


 Recite a Mantra: Repeat a phrase like "I am safe in this moment."


 Describe Your Surroundings: Observe & name objects in detail.


 Count Backwards: From 100 by 7s or a similar challenging sequence.

Physical Grounding Techniques

 **Feet on the Floor:** Press your feet firmly against the ground & focus on the sensation.


 **Hold a Cold Object:** Use an ice cube or a cool drink to bring awareness to your body.


 **Touch & Texture:** Hold a rough stone, soft fabric, or another textured object to feel its surface.


 **Walk Barefoot:** Feel the different textures beneath your feet (grass, carpet, sand, etc.).

When I am anxious I perceive the world as....

Breathwork Techniques

 **Box Breathing:** Inhale 4s – Hold 4s – Exhale 4s – Hold 4s.

 **Belly Breathing:** Place a hand on your stomach; inhale deeply, making your belly rise, then exhale slowly.

 **Humming Breath:** Hum a tune to create vibrations that calm the nervous system.



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