

Grounding Techniques



Grounding Techniques

- Help with anxiety, stress, and trauma
- Turn attention away from worries, refocus on present moment
- Counters the “fight or flight response” that accompanies anxiety
- Practice often to be able to use these skills effectively



Grounding Techniques-

The 5-4-3-2-1 Technique

- Quick and easy to do, goal is to focus on each of your 5 senses
- What are 5 things that you can see? Look for small details such as a pattern on the ceiling, the light reflecting off a surface, or an object near you
- What are 4 things you can feel? Notice the sensation of clothing on your body, or the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object if you like, and notice it's weight, texture, color, etc.
- What are 3 things you can hear? Notice all the background noises around you like a ticking clock, distant traffic, an air conditioner kicking on.
- What are 2 things you can smell? Try to notice scents in the air around you, like a flower or cut grass, coffee, or an air freshener.
- What is 1 thing you can taste? Get some chewing gum, sip a drink, eat a snack for this one. Focus your attention on the flavor.



Movies	Sports Teams	Animals
Countries	Colors	Cities
Books	Cars	TV Shows
Cereals	Fruits & Vegetables	Famous People

Grounding Techniques- Categories

- Choose at least 3 categories and name as many items as you can in each one.
- Spend a few minutes on each category to come up with as many items as possible.
- For variation, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say “apple, banana, carrot”, and so on.

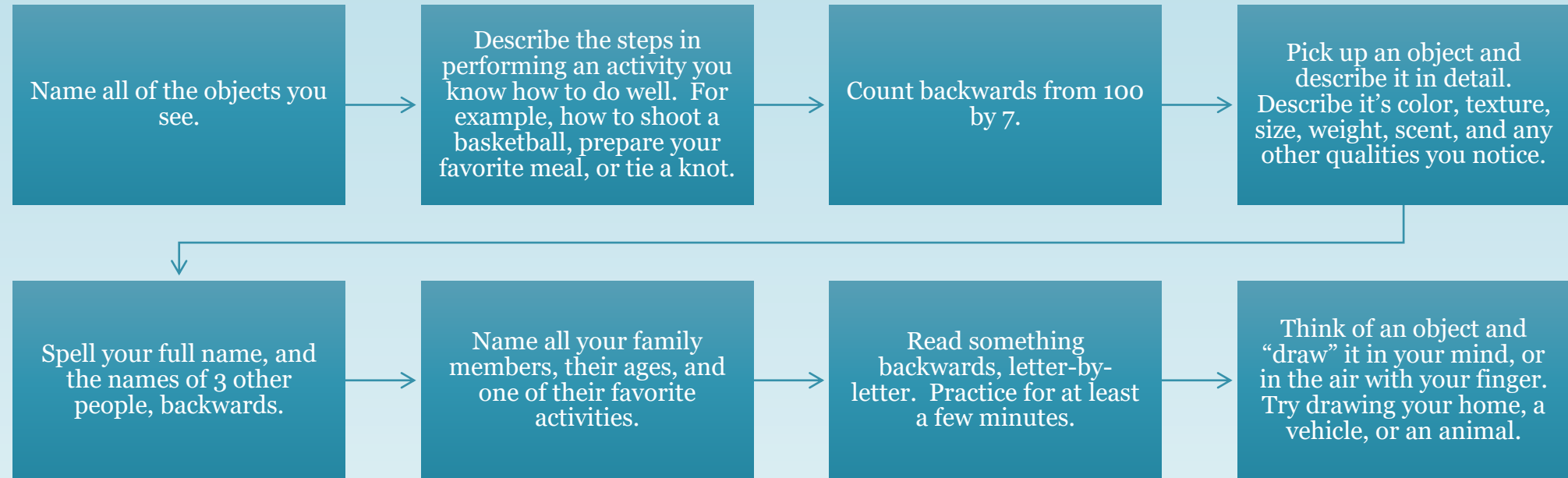


Grounding Techniques- Body Awareness

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice the sound and the feeling of warmth.
7. Reach your hands over your head like you're reaching for the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.



Grounding Techniques- Mental Exercises



Mindfulness- Resources

- Website- Therapist Aid, Relaxation Guide, has worksheets, videos, and interactive tools <https://www.therapistaid.com/therapy-guide/relaxation-skills-guide>
- Youtube Channel- Soothing Relaxation, has music and imagery good for meditation or any relaxation technique
<https://www.youtube.com/channel/UCjzHeG1KWoonmf9d5KBvSiw>
- Website- Mindfulness.org, has a series of simple, mindfulness meditations
<https://www.mindful.org/meditation/mindfulness-getting-started/>



Mindfulness- Apps

- Insight Timer <https://insighttimer.com/>
- Smiling Mind <https://www.smilingmind.com.au/>
- Stop, Breath, and Think <https://www.stopbreathethink.com/>
- UCLA Mindful App (Plays sound when page opens)
<https://www.uclahealth.org/ucla-mindful>
- 10% Happier <https://www.tenpercent.com/>
- Headspace <https://www.headspace.com/headspace-meditation-app>
- Calm <https://www.calm.com/>
- Aura <https://www.aurahealth.io/>



Murray State University Resources for Students



MSU student self-help resources

https://murraystate.edu/headermenu/administration/StudentAffairs/departments/counseling/self_help_resources.aspx

Campus and Community Resources (call first, many may be closed for now)

<https://murraystate.edu/headermenu/administration/StudentAffairs/departments/counseling/resources.aspx>

