

Grounding Techniques

Body & health

Short methods for interrupting escalating anxiety in the moment.

Educational reference. If anxiety is persistent or disabling, speak to a clinician.

5-4-3-2-1

5 things you can see

4 you can touch

3 you can hear

2 you can smell

1 you can taste

Physical

Cold water on the wrists or face

Press feet firmly into the floor

Hold something textured

Name the room's objects aloud

Breathing

Longer out than in

4 in, 6 out, for two minutes

Do not force a deep breath

Cognitive

Count backwards from 100 in sevens

Name the date, place and time

Describe your surroundings factually

Practise when calm. A technique first attempted during panic is much harder to use.