

Grounding

Techniques

While grounding techniques help you in the moment, they won't make your anxiety and panic attacks go away; they only prevent you from dissociating and getting swept away by feelings of fear. If you're experiencing regular anxiety attacks or dissociation, consult a mental health professional as soon as possible. A specialist can help you overcome these episodes through therapy and medication.

54321 Method

When feeling overwhelmed or anxious, it's beneficial to practice grounding techniques that bring your thoughts back to the present moment.

This technique combines all five of your senses to practice mindfulness and grounding in a fun, easy way.

- Focus on **5** things you can see (your hands, the sky, plants)
- Focus on **4** things you can touch (your feet on the ground, a pen/pencil, water)
- Focus on **3** things you can hear (the wind, laughter, your breath)
- Focus on **2** things you can smell (coffee, cut grass, soap)
- Focus on **1** thing you can taste (gum, fresh air)

There are no supplies or materials required for you to practice this exercise, making it quick and easy to apply in every day situations.

Categories

Choose at least three of the categories below 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.

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

For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say "apple, banana, carrot," and so on.

Mental Exercises

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.