



Grounding Techniques

Online resources

Mind Shift

Anxiety BC Home Toolkit

Smiling Mind

Online Counselling

Other tip sheets you might want to try include 'Meditation', 'Relaxation', and 'Balance & Wellbeing'

Apps

Search on the App Store or Google Play

Breathe2Relax

Practice slowing your breathing down and extending your inhale

Do you feel overwhelmed? Stressed? Anxious?

Do you find yourself thinking "I'm out of time", "I can't do this anymore"?

Grounding techniques are simple quick and easy strategies to help you stay calm and reduce stress, anxiety or panic. There are some really easy ones like counting to ten or stamping your feet on the ground or holding a familiar soft object. Then there are those that will take a little more time like using visual imagery or keeping a journal of your thoughts, feelings and observations. Here are a few that you might find useful:

- 1 Counting from 1-10 and then reversing from 10-1.
- 2 Using a grounding phrase like "I'm ok" or "stay calm".
- 3 Focus on your breath. Inhale for a count of six and then exhale to a count of four. If you are a visual learner you might want to visualise your breath going in as one colour and exiting another.
- 4 Connect with your senses – name three things you can see, hear, smell and touch.
- 5 Visualise yourself walking along a beach and watching the waves wash ashore, or sitting under a tree watching the wind gently blow the branches above you back and forth.
- 6 Go for a walk and notice the things around you, what do you see? Hear? Smell?
- 7 Stamp your feet on the ground.
- 8 Have a shower, bath or go for a swim and feel the water wash over you, it has a calming effect.
- 9 Engage in a physical activity like chewing gum - blow bubbles if it's bubble gum.
- 10 Self-care or personal grooming - brush your hair, paint your nails or moisturise your hands or body.
- 11 If you are feeling 'stuck', change how you're positioned. Wiggle your fingers, tap your feet. Pay attention to the movement. You are in control of your movement.
- 12 List five positive things in your life.

These techniques don't work for everything but they can be useful in some situations. They can often be done without others knowing why you are doing it, or that you are even doing anything at all.