

# Grounding Techniques

to manage panic and anxiety

use your hand, wherever you are, to bring you back to feeling safe.

use each finger to count one of the five senses.



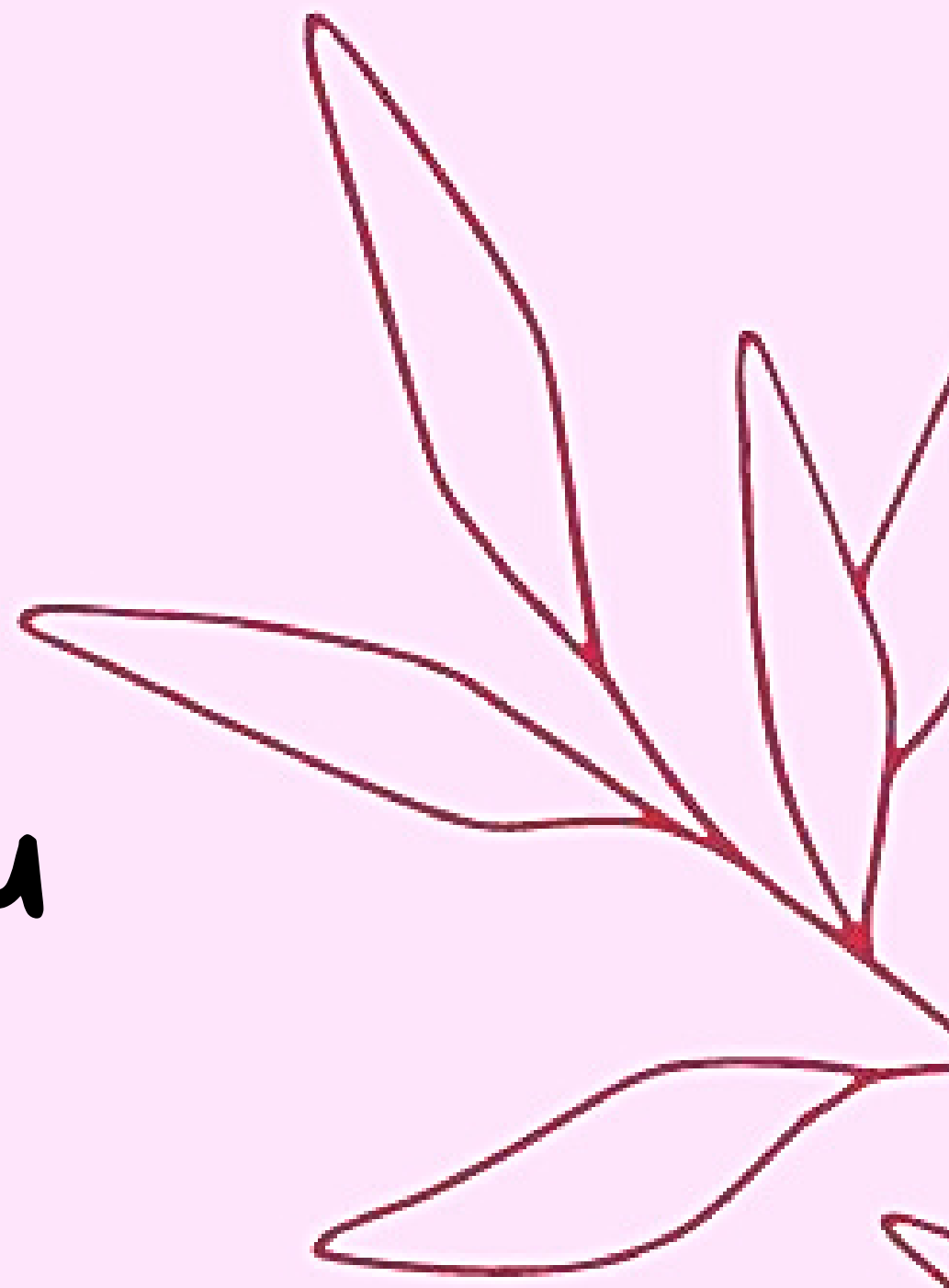
# Sight

look out the window,  
name something you  
see

find something in  
your room that tells  
you I'm here and I'm  
safe

read a book or  
magazine

name five things you  
can see



# Touch

hold an ice cube or  
splash cold water on  
your hands and face

drink a hot or cold  
drink

stroke your arms

cuddle a safe person  
or pet

massage your head



# Sound

read aloud

put on some music

tune in to the sounds  
around you

name what you can  
hear (e.g i hear a  
lawnmower, a bird, a  
dog barking)

call your safe people



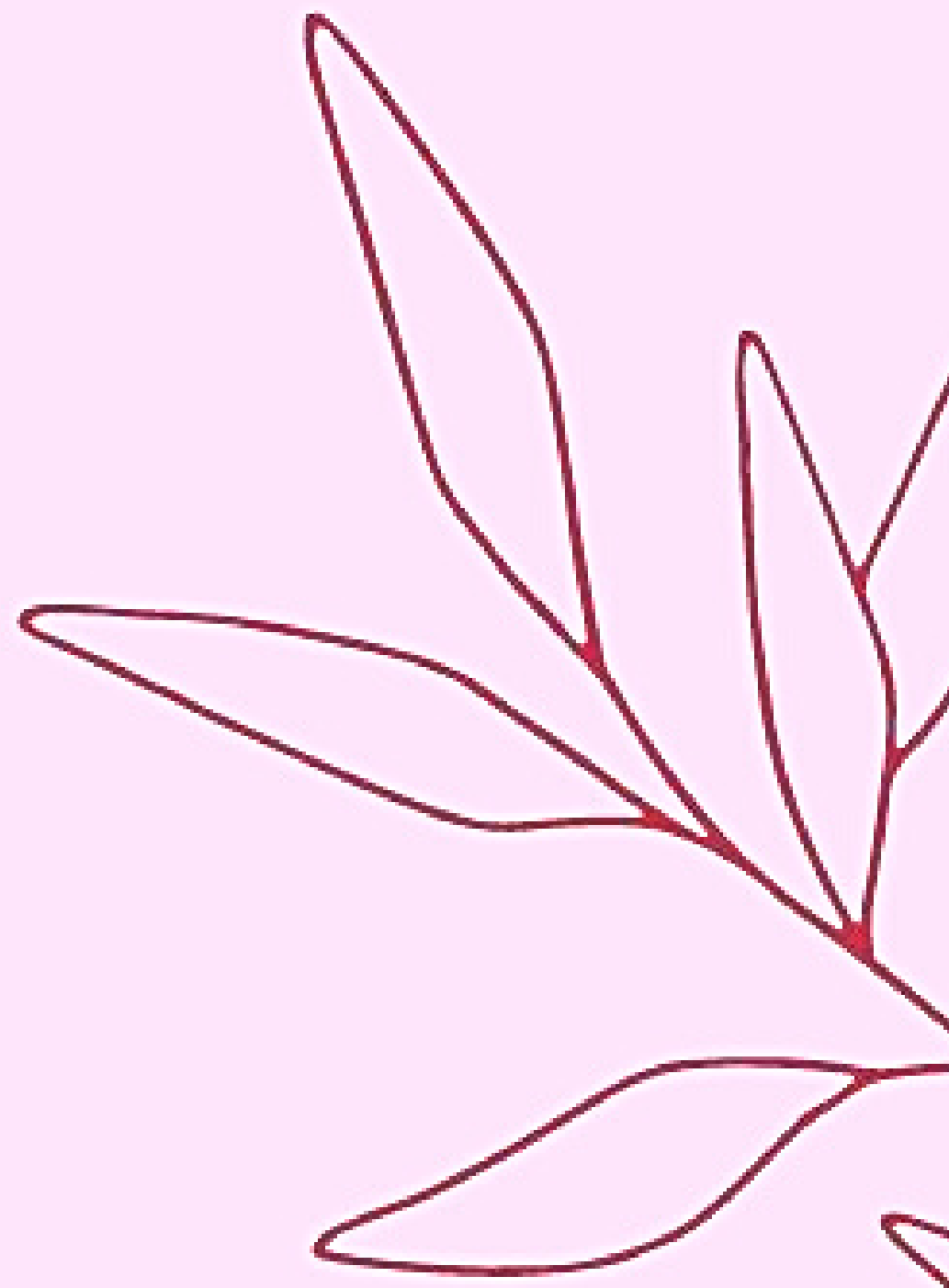
# Taste

take a bite of  
something spicy

taste something sour,  
a lemon or a lime!

pause to notice the  
taste in your mouth

eat some strong  
mints to suck on





# Smell

smell natural smells  
(e.g fresh cut grass,  
flowers, fresh air on  
the wind)

light a candle or an  
incense burner

smell something that  
feels comforting (e.g  
fresh washed sheets,  
the smell of a pet)

smell some essential  
oils

