

STRESS MANAGEMENT STRATEGIES

Ground yourself!

Grounding is a simple strategy that helps you detach from your anxiety by focusing outward on the world around you. When you ground yourself, you use distraction to regain control over your emotions so that you can be more relaxed and fully present.

Try the 5-4-3-2-1 Grounding Technique:

Notice **5** things you see around you

Notice **4** things you can touch around you

Notice **3** things you hear

Notice **2** things you smell

Notice **1** thing you can taste

You can also ground yourself by focusing on mental, physical, and/or soothing distraction.

Mental Grounding – you can do this silently: describe your environment in detail; play a “categories game” (i.e., make a list of types of dogs, songs, or things that begin with different letters); count, or say the alphabet.

Physical Grounding – you can: focus on how your body feels (i.e., sitting in your chair, walking); dig your heels into the floor if you are sitting; touch various objects around you (notice texture, weight, and colors); grab onto your chair as hard as you can, or carry a grounding object in your pocket.

Soothing Grounding – you can: say kind statements to yourself; picture people you care about; remember the words to an inspiring song, quotation, poem, or scripture, or enjoy your favorite food, scent, etc.