

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.

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

Rainbow Grounding Technique:

- Name something that is red, orange, yellow, green, blue, indigo, and violet

Fidgets:

- Grab a fidget, some playdoh or kinetic sand to help you focus, self-regulate, sensory connection, and proprioceptive input

Mental Grounding:

- 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 – forward or backwards

Physical Grounding:

- 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:

- Say kind statements to yourself
- Picture people you care about
- Remember the words to an inspiring song, quotation, poem, or scripture,
- Enjoy your favorite food, scent, etc.