

Grounding Techniques

What is grounding?

Grounding reconnects you with the here and now when anxiety, flashbacks, or overwhelm pull you away. Techniques use the senses, breath, and orientation to steady your nervous system.

When to use

- Rising anxiety or panic
- Feeling disconnected
- Racing thoughts
- After triggers
- Before or after difficult conversations

5 4 3 2 1 Senses

Name 5 things you can see • 4 touch • 3 hear • 2 smell • 1 taste

4–6 Breathing

Inhale for 4 • Exhale for 6–8 • Continue ~2 minutes

Temperature Reset

Cool water on wrists or a wrapped cold pack on the neck for 30–60s

Object Focus

Hold a textured item. Describe it: weight, temperature, edges, colour.

Name & Locate

Say: “ I am [name]. I am in [place]. Today is [day/date]. My feet are on the floor. ”

Safe Place Visualisation

Picture a calm place. Notice what you see, hear, smell, touch.

Quick Plan

1) First step I ' ll try: ____ 2) Backup option: ____ 3) Person/service I can contact: ____

Important

These tools support — not replace — professional care. If you feel unable to keep yourself safe, call 999 (UK) or your local emergency number.