

# 10 Grounding Techniques For Anxiety

These **10 techniques** can be tried in the first instance to calm yourself.

If anxiety is having a significant impact on your day to day life, make an appointment with your Personal Tutor or Guidance Manager who will be able to help you.

## 1 Five Senses Technique 5-4-3-2-1 Method

Identify:

**5** things you can **see** (poster, birds)

**4** things you can **feel** (warmth, something soft)

**3** things you can **hear** (rustling leaves, music)

**2** things you can **smell** (scent of linen, shampoo)

**1** thing you can **taste** (tea, toothpaste).

## 2 Practice Deep Breathing

Counting while breathing in & out can calm your mind.

**Count to 4 while inhaling deeply.**

**Hold for a count of 4.**

**Exhale deeply for a count of 4**

Hold at the bottom for a count of 4 to help refocus your thoughts and relax your heart rate.

## 3 Meditation

**Guided Meditation** is great for beginners. It involves following along as a **teacher explains the practice** and **leads** the meditation, either online or in person.

Other types of meditation: **body scan, visualization, or mantra** meditation, to find what works well for you.

## 4 Mindfulness

There are many ways to practice mindfulness.

**Pay close attention to where you are and what you're doing.**

Try **tracing your hands** around the physical outline of your body & **being aware of your presence** in the world.

This can help you feel more **connected** to yourself.

## 5 Touch Hot / Cold

Focus your mind on warm or cool temperatures.

Run your hands under **cold water**.

Hold onto an **ice cube**.

Hold a cup of **hot tea**.

Use a **heat pad** on your back.

Focus on the temperatures you feel.

## 6 Observe Your Surroundings

Closely look at your **surroundings** & notice the **details** around you.

Note the **colours of the trees**, the **shapes of the leaves** **count cars**, etc.

Indoors? Notice the **shape of a lamp**, the **colour of your couch**, and the **pattern on your blanket**, etc.

## 7 Gratitude

Focus on what you are **grateful for & write them down**.

List **five positive things** in your life - **big or small**.

e.g. grateful for the warmth from your window, the cup of coffee you had that morning or the friendship of a close friend.

## 8 Hold Something Comforting

Hold onto something that is **comforting**.

A **pillow, blanket, smooth seashell**, your **favourite t-shirt**, or anything that feels nice to touch and brings you comfort.

Think about the **sensations** you feel when touching it.

## 9 Move Your Body

Movement doesn't have to be intense.

Maybe **jump up & down** on the spot, do some quick **yoga poses**.

Go for a **walk / bike ride** if you're able.

Even simply **changing your position** can help you be more **mindful**.

## 10 Music & Sound

Listen to music & pay attention to the **lyrics / instrumentals**. You can also focus on your **own voice** or **call a friend** and hear their voice. Focus your attention on the words your friend is saying and the sound of their voice.