

5-Minute Grounding Techniques

Grounding techniques help you stay present and reduce anxiety or panic by using your senses.

1. 5-4-3-2-1 Technique:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

2. Focused Breathing:

- Breathe in for 4 seconds, hold for 4, out for 4.
- Repeat 5 times while focusing on your breath.

3. Anchoring Phrase:

- Say to yourself: "I am safe. I am grounded. I am in control."