

Grounding Techniques

5-4-3-2-1

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

Notice details, such as hum of a fan, or the way your shirt feels on your skin. Really try to be in the moment

Box Breathing

Inhale for 4 counts
Hold for 4 counts
Exhale for 4 counts
Hold for 4 counts

Remember to count slowly and focus on your breathing.

Playlist

Create a playlist of your favorite calming music. Whatever songs you like, that brings you happiness.

Try listening to the playlist while sniffing a calming scent, such as an essential oil or lotion. Keep some handy in your purse or pocket.

Recite Something

Think of a mantra or scripture that encourages you. Say it to yourself repeatedly.

You can also recite facts about yourself or the environment. Like "My name is X, I am X years old." Or "I am sitting in an office. The walls are white." etc.