

Grounding Techniques

Grounding techniques are mindfulness-based strategies that help reconnect you with the present moment. They are highly effective for managing anxiety, stress, or trauma responses by calming the nervous system.

Sensory 5 – 4 – 3

- 5 things you see: Look around and name five objects or details you can see in your immediate surroundings.
- 4 things you touch: Focus on physical sensations. Feel the texture of your shirt, a smooth stone, or the floor beneath your feet.
- 3 things you hear: Listen for three sounds you can easily hear around you (e.g., traffic, a humming fan, or birds).

Physical Methods

- Step outside and stand on the grass for a minute while your tea brews. Looking towards the horizon (even briefly) signals safety to your brain.
- Go for a short walk