

# SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



## body

lay on the ground, press your toes into the floor, squeeze playdough



## 5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



## self-soothe

take a shower or bath, find a grounding object, light a candle



## observe

describe an object in detail: color, texture, shadow, light, shapes



## breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



## distract

find all the square or green objects in the room, count by 7s, say the date