28 Quick & Simple Grounding Techniques

1. **Observe your environment using all five senses.** Name five things that you see, four that you feel, three that you hear, and two that you smell or taste. Or pick just one sense to focus on.
2. **Gratitude.** Name 1-5 things you are grateful for.
3. **Take a mental inventory of everything around you.** Make a list of everything you see around you. Count the pieces of furniture in the room. Notice all the colors and patterns you see.
4. **Practice belly breathing**. Place one hand on your stomach, and the other on your chest. Breathe slowly and deeply into your belly, trying to raise your hand like you are filling up a balloon with air. Try to keep the hand on your chest still, breathing only into your stomach. Slowly breathe out, feeling the hand on your stomach lower like the balloon is deflating.
5. **Take several deep breaths**. Breathe slowly and steadily from your core. Make sure to exhale longer than you inhale. Imagine yourself letting go of fear and worry with each breath you take.
6. **Ask yourself present-focused questions.** Ask yourself where you are, what day of the week it is, what month it is, what year it is, what season it is, how old you are, etc. Bring up today's date on your phone or computer if you have to.
7. **Focus on one word.** Repeat a calming mantra over and over to yourself.
8. **Use your body to ground you in the present moment.** Feel your feet firmly planted on the floor or the weight of your body in your chair.
9. **Change your body positioning**. Wiggle your fingers, tap your feet. Pay attention to the movements.
10. **Practice progressive muscle relaxation.** Starting with your toes, flex and relax each part of your body. Feel the stretch in your muscles and the tension and relaxation as you move up your body.
11. **Use rhythm to relax**. Tap your feet on the floor or drum your fingers on your desk. Create a rhythm and repeat it, staying focused on the beginning and end of each sound you create.
12. **Find the light.** If there is a window nearby, take a look outside. Identify 5 things you can see.
13. **Count numbers.** Count by 3s, 6s, or 7s. Try to count as high as you can.
14. **Count backward.** Try counting backward from 100 by 3s, 6s, or 7s.
15. **Drink a very cold glass of water.** Feel the coldness in your throat and against your hand.
16. **Drink hot coffee.** Feel the warmth in your throat and against your hand.
17. **Walk around slowly.** Notice each footstep, saying "left," "right" to yourself with each step you take.
18. **Engage your mind**. Try to think of as many facts as you can that relate to a specific theme. Or pick a word or your name and see how many other words you can make from the letters in it.
19. **Try labeling objects.** Choose a category of objects (e.g., types of sports, cities, etc.) and try to think of as many objects as possible that fit into that category.
20. **Pick a color and look for objects of that color.** Notice subtle differences in the shades of color.
21. **Say or think the alphabet backward.** Or try to alternate letters and numbers (A1, B2, C3, D4, etc.).
22. **Think of the words to your favorite song**. Try to recite words to something that you enjoy. This can be a song, poem or inspirational quote.
23. **Describe an everyday event or process in great detail.** Try listing all of the steps in order and be as thorough as possible (e.g., how to get from your house to your place of work, how to cook your favorite meal, etc.).
24. **Focus on a calm/safe place.** Describe a place that you find very soothing (perhaps the beach or mountains, or a favorite room); focus on everything about that place—the sounds, colors, shapes, objects, textures. Imagine being there.
25. **Create a mental container.** Think of an image of some type of container (e.g., a safe, Tupperware, trunk, file cabinet, etc.). Make sure the mental container either has a tight lid or lock. Imagine putting uncomfortable feelings away in the container and locking it up. Then imagine walking away from the container.
26. **Think of things you are looking forward to in the coming weeks.** Perhaps you have plans with family or friends or are looking forward to the release of a new movie.
27. **Write it down.** Grab a pen and start doodling or drawing. Write down your favorite inspirational quote. Try writing down your feelings or thoughts, being as descriptive as possible. Then try to challenge any negative thoughts.
28. **Finally…try using humor.** Find something that makes you laugh. Humor is one of the most fail-proof ways to get more grounded during periods of extreme stress or anxiety. Like they say, humor is the best medicine.