

# 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

