

Grounding Skills

These skills break you out of your thoughts and back into your body, connecting you to the world around you.

1. Walking barefoot on grass
2. Meditating
3. Doing breathing exercises
 - a. Calm breathing
 - i. Take a slow breath through the nose, breathing into your lower belly for about four seconds.
 1. Try to breathe from your diaphragm or abdomen. Your shoulders and chest should be relaxed and still. Watch the hand on your abdomen rise as you fill your lungs with air, expanding your chest. The hand over your heart should barely move, if at all. If this activity is challenging at first, it can be helpful to first try this exercise by lying down on the floor with one hand on your heart and the other hand on your abdomen.
 - ii. Hold your breath for one or two seconds.
 - iii. Exhale slowly through the mouth for about four seconds.
 - iv. Wait a few seconds before repeating these instructions.
 1. Make sure that you are not hyperventilating; it is important to pause for a few seconds after each breath.
 - v. If this activity is challenging at first, it can be helpful to first try this exercise by lying down on the floor with one hand on your heart and the other hand on your abdomen.
 - b. Square breathing: Breathe in for four seconds, hold your breath for four seconds, breathe out for four seconds, and repeat this exercise four times
 - c. STAR breathing: Smile, take a deep breath through your nose, and rest
 - d. Breathe in as though you are smelling flowers; breathe out as though you are blowing out birthday candles
4. Hold ice or a frozen orange
5. Practice progressive muscle relaxation
6. Attempt guided imagery



7. Do the 54321 exercise, naming:
 - a. Five things you can see
 - b. Four things you can touch
 - c. Three things you can hear
 - d. Two things you can smell
 - e. One thing you can taste
8. Reorient yourself by reminding yourself where you are, what day it is, what time it is, and how old you are

Which grounding skill will you use in the future? What are some others that you might try?

A solid blue oval shape is positioned in the bottom right corner of the page, partially overlapping the lined area. It is oriented diagonally, with its longer axis running from the bottom-left towards the top-right. The oval is a medium blue color and has a smooth, uniform texture.