Quick Grounding Techniques

When you are overwhelmed with emotions, grounding can help you to gain control of your feelings and stay safe. Use these techniques anywhere and at any time.

Dig your heels into the floor - literally "grounding" them! Notice the tension centered in your heels as you do this.

Jump up and down - repeat this 5 times.

Clench and release your fists - repeat this 5 times.

Focus on your breathing - notice each inhale and exhale. Repeat a pleasant word to yourself on each inhale (example: a favorite color, or a soothing word such as "safe" or "easy").

Stretch - Extend your fingers, arms or legs as far as you can; roll your neck around and come back to center.

Say a coping statement - "you can get through this" or "you've got this"

Count to 10 or say the alphabet, very s...l...o...w...l...y.

What if grounding doesn't work?

Like any other skill, you need to practice grounding to make it as powerful as possible. Here are some suggestions to help make it work for you.

Practice as often as possible, even when you don't need it, so that you'll know it by heart.

Prepare in advance. Locate places at home, at school or in the car where you can be reminded of grounding.

Create your own methods of grounding. Notice the methods that work for you.

Don't give up! Some ideas are: having others assist you or make index cards to help practice.

24/7 Call or Text
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