

# Grounding & Anchoring

## CONNECT W/ SENSES

Essential oils  
Candles  
Any calming scent (perfume, lotion, etc.)  
Use a cold wash cloth or ice  
Alternate hot and cold temperatures  
Toss a pillow or ball back and forth with someone  
Sit on the ground

5,4,3,2,1 (5 things you see, 4 you touch, 3 you hear, etc.)  
Tactile contact with an object (stone, spiky plastic balls, recovery coin....)  
Put feet on the ground deliberately  
Mints and candies  
Push against a wall  
Engage with any sensation without pushing it away

## DAILY LIVING TASKS

Take a shower  
Morning routine  
Bring attention to present activity  
Garden  
Cook

Clean  
Read  
Watch a movie (especially a children's movie)  
Talk out loud  
Recite prayers, mantra, sayings  
Outdoor, farm, or stable tasks

## BODY-BASED STUFF

Yoga Asanas (A short flow or hold your favorite pose)  
Breath  
Take a walk  
Dance/sway  
Meditation  
Massage

Accupuncture  
Plant assisted or psychedelic ceremony  
Take a run or HIIT workout  
Take a nap  
Float spa  
Alternate hot and cold

## SPIRITUAL/ENERGETIC

Tap into something greater than self  
Meditation  
Guided Shamanic or healing practices  
Prayer or spiritual practice  
Smudging (Indigenous cleansing ritual involving herbs like sage or wood like palisanto)

Connection to nature as a spiritual practice  
Plant assisted or psychedeli ceremony  
Yoga Philosophy and Practice (self-study)  
Reiki  
Guided visualization (calm enough place, nurturing figure; a strategy most often used with EMDR)

## CREATIVE EXPRESSION

Listen to music  
Any arts and crafts done with presence and creativity  
Doodling  
Dance or creative movementt  
Write

Sing or hum  
Sandtray work  
Modeling clay or playdoh  
Any activity that feels creative and engaging

\*Grounding is using any and all senses and experiences to remain in, or return to, the present moment. It's normal for your concentration and attention to wander.

\*\*This list is not comprehensive; it is meant as a menu of options to help you develop strategies and a plan that works best for you. Use this list to identify what you currently do that helps you anchor back into the present moment and try out some new options that appeal to you. There is no one-size-fits-all approach; so get out there, experiment, and observe what works best!

