INDIVIDUAL GROUNDING PRACTICES

Whether it’s taking a deep breath, feeling the texture of an object, or simply focusing on your surroundings, grounding techniques can help you stay centered and mindful. Utilizing grounding techniques can also help you manage your anxiety in the moment bringing you back to a calmer state.

- Sitting or standing, take a moment to focus on your breathing.
- Close your eyes.
- Take in **three** deep breaths and take in the freshness of the air.
  - In and out.
  - In and out.
  - In and out.

*After you have established your intentional breathing pattern,*

- Acknowledge **FIVE** things you see around you.
- Acknowledge **TWO** things you can smell.
- Acknowledge **FOUR** things you can touch around you.
- Acknowledge **ONE** thing you can taste.
- Acknowledge **THREE** things you can hear.

*There are many examples of grounding techniques. Modify what works for you and practice regularly.*