

GROUNDING TECHNIQUES

Grounding techniques bring you back into the moment and help you to refocus your attention. These techniques help you to control the body symptoms (physical sensations) caused by anxiety. This is because the 'fight, flight, freeze' response makes our breathing shallow and rapid to increase oxygen, making our bodies ready for action. If we do not use this extra oxygen by fighting back or running away, there is a temporary imbalance in the amount of oxygen and carbon dioxide in our blood. It is this imbalance that causes many of the physical symptoms of anxiety. By grounding ourselves, we slow down our breathing and rebalance the amount of oxygen and carbon dioxide in our blood and regain control of our bodies.

It is important you find a grounding technique that works for you. Below are some examples.

5, 4, 3, 2, 1

Focus on:

- 5 things you can see.
- 4 things you can hear.
- 3 things you can touch.
- 2 things you can smell.
- 1 thing you can taste.

How many ... do you see?

While walking down the street or looking out the window, focus on how many [...] you see. This could be the number of bikes, or buses, a colour or type of car etc.

Colour Breathing

Imagine a colour that you associate with feeling calm and relaxed, and a colour that you associate with feelings of anxiety and worry. Now focus on your breathing:

- Slowly breathe in for 4 seconds.
- Hold your breath for 4 seconds.
- Breathe out for 4 seconds.