

Grounding techniques help you focus on the present moment using your senses or the world around you. They can help reduce stress, anxiety, and overwhelming feelings. Try these techniques anytime you need to feel more steady, calm, and in control.



You are here. You are safe.
Your senses can help bring you back to the present moment.

SENSORY GROUNDING TECHNIQUES

5 THINGS YOU CAN SEE



Look around and notice 5 things you can see. Name them out loud or in your head.

Examples:

- A flower
- A chair
- A book
- The sky
- Your shoes

4 THINGS YOU CAN FEEL



Notice 4 things you can feel around you or on your body.

Examples:

- Your feet on the floor
- The fabric of your clothing
- The chair beneath you
- Your heartbeat

3 THINGS YOU CAN HEAR



Listen for 3 sounds around you.

Examples:

- Birds chirping
- Music playing
- Traffic in the distance
- Your breathing

2 THINGS YOU CAN SMELL



Notice 2 smells in your environment.

Examples:

- Fresh air
- Coffee
- Soap
- Flowers

1 THING YOU CAN TASTE



Notice 1 taste.

Examples:

- The taste of your drink or snack
- Gum or mints
- The natural taste in your mouth

OTHER GROUNDING TECHNIQUES TO TRY



BODY AWARENESS: Focus on your body. Notice how your feet feel on the ground or the sensation of your breath moving in and out.



CATEGORIZE: Choose a category (like animals, colors, or foods) and name as many as you can.



OBJECT FOCUS: Pick up an object and examine it closely. Notice its color, texture, shape, temperature, and weight.



COUNTING: Count backward from 100 by 7s, or count the number of steps you take.



BREATH FOCUS: Take slow, deep breaths. Focus on the feeling of air moving in and out of your body.

TIPS TO REMEMBER



- Grounding takes practice. It's okay if it doesn't work right away.
- Use what works best for you. Your senses are always with you.
- These techniques can be used anywhere, anytime.
- Be patient and kind with yourself.
- You can combine techniques. For example, try 5 things you see and deep breathing together.



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