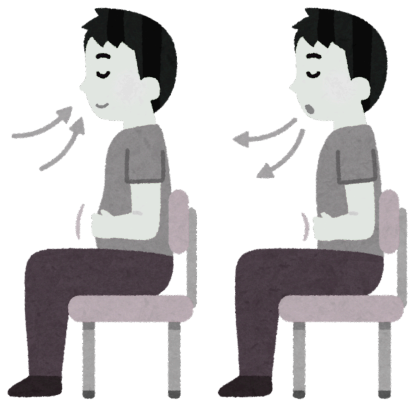


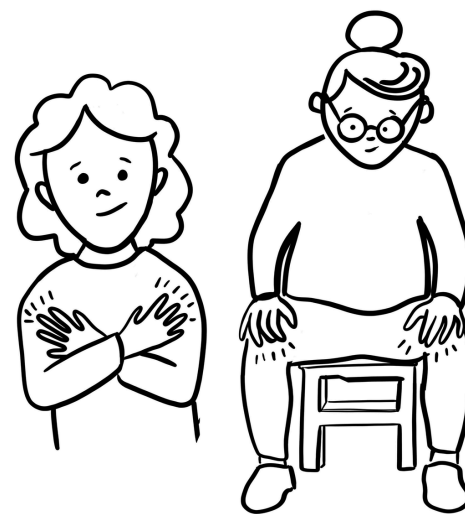
# GROUNDING TECHNIQUES

Quick strategies to help reduce stress in  
the moment.



## Box/Calm Breathing

- Find a comfortable place to sit or stand, eyes open or closed.
- Spend 4-5 seconds on each step: Inhale through your nose, hold, exhale through your mouth, hold. Repeat 4-5 times.



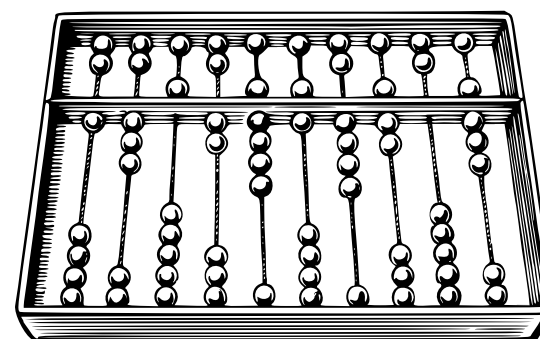
## Tapping

- Cross your arms over your chest, and alternate tapping your hands on your shoulders/upper arms.
- Sitting: put your hands on your knees and alternate tapping your hands.



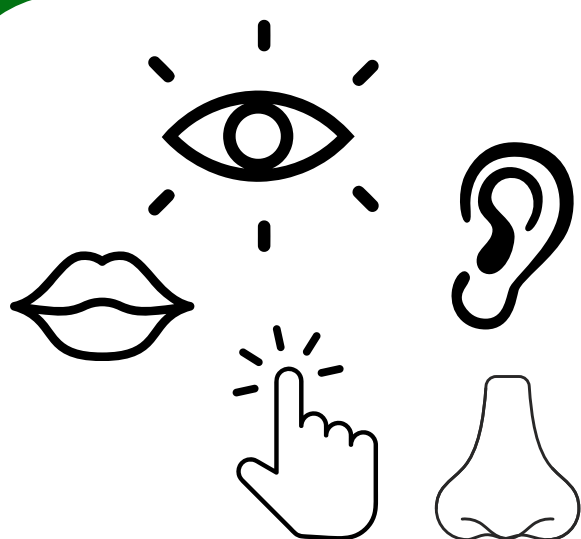
## Visualization

- Visualize your favourite person, pet, place, sound, memory etc. Try to picture as many details as you can.
- Alternatively, look at a photo of your favourite person, pet, place, memory, anything that brings you joy.



## Counting

- Choose a number (like 100) and count up or down, either by ones or in intervals (e.g., counting backward by 3s or 5s).
- Count your breaths or objects around you.



## 5-4-3-2-1 or 3-3-3 senses

- 5-4-3-2-1: Identify and name (out loud or to yourself): 5 things you can see, touch, hear, smell and taste/you are grateful for.
- 3-3-3: Notice 3 things you can hear, see and touch.



## Walking & Stretching

- Stand up and stretch your arms, legs, shoulders.
- Go for a 5 minute walk.
- Do a few jumping jacks or walk/run in place.
- Drink cold water, run cold water over your hands or splash your face.