

Grounding Techniques for Anxiety

A Simple Guide to Help You Stay Present | When anxiety feels overwhelming, grounding techniques can help anchor you to the present moment. These exercises calm your mind by focusing your attention on your body and surroundings. Try one or two at a time and see what works best for you.

5-4-3-2-1 Senses Check

A classic mindfulness tool:
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste
Say them out loud or write them down.

Hold Something Cold or Warm

Grip an ice cube or wrap your hands around a warm mug.
Focus on the temperature, texture, and how it makes your body feel.

Name Categories

Pick a category and name as many things as you can. Examples: fruits, dog breeds, U.S. states, colors.

Feel Your Feet

Plant both feet on the ground. Press your heels and toes into the floor.
Notice your posture and where your body touches the chair.

Describe Your Surroundings

Out loud or on paper, describe your setting in detail.
Example: "I'm sitting on a gray chair. There's a soft blanket on my lap. I hear the sound of a car outside..."

Carry a Grounding Object

Keep a small item in your pocket (a smooth stone, coin, or bracelet).
When anxious, hold it and focus on its texture, shape, or weight.

If you find a technique that helps, make it part of your routine.
You deserve tools that help you feel safe and steady.



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