

Grounding

1. Look around you and point out “5 things that are...”
 - a. Blue
 - b. Circles
 - c. Soft
 - d. Fit in your hand
 - e. Make you feel safe
2. Repeat as needed and use different categories each time

Variations of this skill (for all ages):

“5-4-3-2-1 Senses” – Look around you and name 5 things you see (it can be anything), 4 things you hear, 3 things you feel/touch, 2 things you smell, and 1 thing you can taste.

Coping Skills for Tough Times

When to use this skill: Use Grounding when you feel overwhelmed (panicked or scared) and your thoughts are racing. Grounding is a valuable mindfulness skill to help you focus on the present moment.

How this skill helps: When you are stressed, you may feel like your mind is racing. You may have a hard time focusing or making good decisions. By paying attention to specific objects or sensations in your surroundings, you bring yourself into the “here and now.” Grounding clears your thinking and calms your mind and body.

If you want to learn more coping strategies, talk to your doctor about meeting with the Psychology Team!