



FINDING SOLUTIONS

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Grounding Exercises

Grounding is a very healthy skill and tool to have that helps us become more calm and present to reality, rather than becoming worried or overcome by in our thoughts. It is a useful technique if you ever feel overwhelmed, intensely anxious, or dissociated from your environment.

Simple grounding technique:

1. Place both feet flat on the floor
2. Lean back into your chair, and make note of the feeling of the chair under you and against your back.
3. Cross your arms over your chest
4. Gently tap your shoulders, alternating one side at a time

Alternatively, you can place your hands on your thighs if you are in public, tapping one leg at a time. Although not as effective as shoulder tapping, this technique can still calm you down.

5-4-3-2-1 Grounding Exercise

The “54321 game” is a common sensory awareness grounding exercise that you many find a helpful tool to relax or get through difficult moments.

Steps:

1. Describe 5 things you see in the room.
2. Name 4 things you can feel (“my feet on the floor” or “the air in my nose”)
3. Name 3 things you hear right now (“traffic outside”)
4. Name 2 things you can smell right now (or 2 smells you like)
5. Name 1 good thing about yourself

You should feel calmer and more at ease by the end of the exercise. Repeat the 5 steps more than once if needed. Try out the technique in different situations, you may find it works well for insomnia, anxiety, cravings when quitting smoking or for general relaxation.





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Breathe Mindfully

1. Breathe deeply down to your belly.
2. Put your hand there (just above your navel) and breathe so that your hand gets pushed up and down.
3. Imagine you have a balloon in your tummy, inflating it as you breathe in, and deflating as you breathe out.

When we get scared, we breathe too quickly and shallowly and our body begins to panic because we're not getting enough oxygen. This causes dizziness, shakiness and more panic. Breathing slower and deeper will stop the panic.

These techniques work best if practiced regularly (every morning for example) for about 2 to 3 months in order to create the habit, as remembering grounding exercises in a moment of stress or panic is difficult if it is not something we do on a regular basis.

