

Grounding Techniques

The 54321 Technique

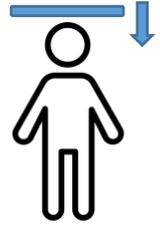
The 54321 technique is a **grounding technique** that you can use whenever you need to calm down, relax and bring your focus back to the present moment.

Take a 5 deep breaths and notice:

- 5** Things you can see
- 4** Things you can hear
- 3** Things you can feel
- 2** Things you can smell
- 1** Thing you can taste

Body Scan

The body scan will bring you into the here-and-now by directing your focus to sensations in the body.



Take some deep breaths, in through your nose and out through your mouth. Start at the **top of your head** and move down, **noticing** how each part of your body feels

Notice:

- Any tension in your muscles: in your face, jaw, shoulders, back, legs
- How your body weight is supported by the chair, bed or your feet
- How your clothes feel on your skin, your temperature, any other sensations

Mental Exercises

Use mental exercises **to take your mind off** upsetting thoughts. Do these until your body and mind have calmed down.

Categories: Pick a category and think of an item in that category which starts with each letter of the alphabet. For example: Apple, Banana, Carrot, Dragonfruit etc.

Numbers: Count down backwards from 100. To make it harder, count down in 7's!

Names: In your head, spell the names of people you know backwards.



Mindful Breathing

You can simply use your **breathing** to reduce physical symptoms of distress such as: racing heart, difficulty breathing, shaking, sweating and stomach "butterflies".

Deep Breathing Exercise: Close your eyes and sit comfortably. Gently place one hand on your stomach. Inhale deeply through your nose for 4 seconds. Pause. Then exhale through your mouth. Feel the hand on your belly move in and out with your breath.

Finger Breathing: Put one hand out with your fingers apart. With a finger from your other hand, slowly trace the outline of your open hand. As you move up towards a fingertip, inhale. As you move down towards your palm, exhale.

