CLARITY IN CONNECTION COUNSELLING

Grounding Techniques

Simple tools to help you reconnect with the present moment

What is grounding?

When emotions feel intense, thoughts are racing, or you're feeling overwhelmed, grounding techniques can help bring your attention back to what is happening **right here, right now**.

Grounding doesn't mean ignoring or getting rid of difficult feelings. Instead, it gives your mind and body something steady to focus on while the intensity of the moment passes.

There is no single technique that works for everyone. Try a few and notice which ones feel most helpful for you.

You don't have to force yourself to feel calm. Sometimes the goal is simply to feel a little more connected to the present moment.

1. The 5-4-3-2-1 Grounding Technique

5 things you can SEE - colours, shapes, objects or small details.
4 things you can FEEL - your feet on the floor, clothing on your skin, the chair beneath you or an object in your hand.
3 things you can HEAR - sounds nearby or farther away.
2 things you can SMELL - scents around you, or two smells you enjoy.
1 thing you can TASTE - notice the taste in your mouth, take a sip of a drink or have a mint.

Take your time. The goal isn't to finish quickly - it's to bring your attention into the present.

2. Feet on the Floor

Place both feet firmly on the ground. Gently press them into the floor and notice the pressure underneath your feet.

Ask yourself: *What does the floor feel like beneath me? Where do I notice pressure? Does the ground feel hard, soft, warm or cool?*

"My feet are here. The ground is underneath me. I am in this moment."

Grounding Through Your Senses

Use your surroundings to give your attention something steady and concrete.

3. Name What You See

Choose a colour and look around the room for everything you can find in that colour. Or find 4 things shaped like a rectangle or 3 things with writing on them.

Giving your brain a simple task can help redirect attention toward your surroundings.

4. Use Temperature

Try holding a cool drink, running your hands under cool or warm water, holding an ice cube wrapped in a cloth, stepping outside and noticing the air, or holding a warm mug.

Describe the sensation rather than trying to change how you feel: *cool, warm, smooth, tingly, heavy, light.*

5. Hold Something With Texture

Choose an object nearby - a blanket, smooth stone, fidget, stuffed animal, fabric or keychain.

Notice its **texture, weight, temperature, shape and edges**. Try describing it as though you were explaining it to someone who couldn't see it.

6. Ground Yourself With Facts

My name is _____.
Today is _____.
I am currently at _____.
Right now, I am _____.
The next thing I am going to do is _____.

You don't need to convince yourself that everything is okay. You're simply reminding your brain of what is true in this moment.

Grounding With Your Mind & Body

Simple mental and physical exercises can help reconnect you with the here and now.

7. Try a Mental Grounding Exercise

Categories: Name 5 animals, foods, movies or places you'd like to visit.
Alphabet game: Choose a category and work through the alphabet.
Counting: Count backwards from 100 by 3s.
Describe your surroundings: Imagine you're giving someone directions through the room you're in.

8. Notice Your Body

Notice where your body is making contact with something around you: your back against the chair, feet against the floor, hands resting in your lap or clothing against your skin.

Then gently move your fingers, roll your shoulders or stretch your arms. Bring your attention back to your body one sensation at a time.

Try combining techniques

You might place both feet on the floor while naming five things you can see, or hold a warm mug while slowly describing what you notice around you. There is no "right" combination - use what feels supportive in the moment.

A Gentle Reminder

Grounding is a skill, and skills often take practice. A technique may feel helpful one day and not work as well another day. That's okay. Try something different, combine a few techniques, or return to one that has helped before.

Sometimes the goal is simply to feel a little more connected to the present moment.

My Grounding Plan

Identify a few tools ahead of time so you have something to reach for when you need it.

A grounding technique I want to try:

Something I can hold or touch:

A smell or taste that helps ground me:

A place where I tend to feel grounded:

Someone I can reach out to when I need support:

A phrase I want to remember:

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This resource is intended for general educational purposes and is not a substitute for individualized mental health care, medical advice or emergency support. If you are experiencing an emergency or are concerned about your immediate safety, contact 911 or your local emergency/crisis service.