

## Grounding Techniques

Grounding is a technique that helps keep someone in the present when their mind is working overtime. Grounding techniques can be helpful with managing overwhelming feelings or intense Anxiety plus many more, these can be done without anyone knowing. Grounding techniques come within 2 specific approaches

1: Sensory Awareness

2: Cognitive awareness

Here are 2 games to help you regulate your emotions, **repeat these games until you feel calmer and able to manage yourself in a more positive way.**

Sensory Awareness grounding exercise:

54321 Game

- Name 5 things you can see around you
- Name 4 things you can feel (clothes, chair, floor)
- Name 3 things you can hear
- Name 2 things you can smell
- Name 1 good thing about yourself

Cognitive Awareness grounding exercise:

- Where am I?
- What day is it today?
- What month is it?
- What year is it?
- What season is it? (Spring, Summer, Autumn, Winter)
- What is my name?
- How old am I?

There are many more ground techniques online please feel free to research your own as these are 2 that we have found to be most popular and instant relieving.