

A List of Grounding Techniques



- Run cool water over your hands. Hold onto ice cubes if the urge is intense.
- Place a cool washcloth on your head/face. (Store a hand towel with lavender essential oil in your refrigerator).
- Place an ice pack over your eyes for 30 seconds or put your face in cold water for 30 seconds.
- Grab tightly onto your chair as hard as you can.
- Touch various objects around you: a pen, keys, your clothing, or the wall.
- Dig your heels into the floor-literally “grounding” them! Notice the tension centered in your heels as you do this. Remind yourself you are connected to the ground.
- Carry a grounding object in your pocket, which you can touch whenever you feel triggered.
- Notice your body: the weight of your body in the chair; wiggle your toes in your socks; the feel of your chair against your back...
- Stretch. Roll your head around.
- Clench and release your fists.
- Walk slowly; notice each footstep, saying “left or “right”... in detail to yourself.
- Focus on your breathing, notice each inhale and exhale. Continue for 10 slow, deep breaths.
- Eat something, describing the flavors to yourself.
- Scan the room and notice five things you see in detail.

- Listen for five things that you can hear. The clock ticking, the a/c humming, your own breathing, etc.
- Focus on five things you can feel in contact with your body (ie., your clothes, your back against the chair, your feet on the floor, your hair touching your neck, your watch on your wrist.
- Do the above 3 things simultaneously.
- Describe an everyday activity in great detail. For example cooking a meal, getting ready in the morning:
 - First I defrost the turkey in the microwave. While it's defrosting, I pull out a soup pot and place it on the stove. Then I begin to chop up the vegetables. When the turkey's ready, I place it in the pot and begin to brown it....
- Count to 10 or say the alphabet. Very s..... l..... o..... w..... .l..... y..
- Describe your environment in detail, using all your senses – for example, “The walls are blue, there are five green chairs, there is a wooden bookshelf against the wall....” Describe objects, sounds, textures, colors, smells, shapes, numbers and temperature. You can do this anywhere,
- Jump up and down (**great one for kids!**)

<https://eddinscounseling.com/grounding-techniques-self-soothing-emotional-regulation/>