Grounding Techniques

Sensory grounding techniques

5,4,3,2,1:

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<https://insighttimer.com/blog/54321-grounding-technique/>

Cold Water Therapy:

<https://dbtforlife.com/2020/12/14/explore-dbt-ice-and-anxiety-using-cold-water/>

Describe an object:

Hold an object think about what it looks like, how it feels, if it makes any noise, if it has a smell etc.

Breathing techniques

Box breathing:

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<https://www.healthline.com/health/box-breathing#tips-for-beginners>

Paced breathing:

<https://xhalr.com/>

**Diagram

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<https://health.clevelandclinic.org/five-finger-breathing/>

Body relaxation techniques

Body scan:



[How to Do Body Scan Meditation and Its Benefits (calmsage.com)](https://www.calmsage.com/mindfulness-body-scan-meditation/)

Progressive muscle relaxation:

<https://relaxation-audio.com/2021/02/22/5-minute-progressive-muscle-relaxation/>