

GROUNDING

A SHORT-TERM COPING SKILL FOR INTENSE REACTIONS



IS GROUNDING APPROPRIATE?

Is the person **unresponsive**, **panicked**, or **frantic**? Are they **stuck** in their anxiety?

NO

YES

Is the intense reaction **interfering with essential duties**, **threatening safety**, or **preventing healthy coping**?

NO

YES

Is this likely a **one-time reaction** in a **crisis situation**?

NO

YES

**GROUNDING
MAY NOT BE
APPROPRIATE**

**GROUNDING
IS LIKELY
APPROPRIATE**

HOW TO PRACTICE GROUNDING



Sit comfortably and **breathe** slowly and deeply into your belly.

1

Name 5 non-distressing things you can **see** around you.



Pause and **breathe**.

2

Name 5 non-distressing sounds you can **hear** around you.



Pause and **breathe**.

3

Name 5 non-distressing things you can **feel** against your skin.



Pause and **breathe**.