

Getting grounded, staying in the present

Grounding yourself is a strategy to help calm down, relieve anxiety and pause. Instead of telling yourself to “calm down” or “relax,” let your emotions be and, focus your energy on getting in touch with yourself and the world around you. In doing this, your emotions will take care of themselves, and often you’ll find that when you’re focusing on the present, they will naturally calm down on their own.

Walk around slowly paying attention to the sensation of walking. How do your feet feel? What does the ground that you’re walking on feel like?

Pick up or touch an item near you. How does the object feel? Notice the texture if it’s soft or hard, heavy or light, warm or cool. Take in all the details you can see in the object.

Savour a scent, a cup of coffee, a spice, a favourite soap or perfume. What smells do you notice when you breathe it in? Is it spicy, sweet, is there anything new that you notice

Ground yourself with 5 things. Using your senses to notice what’s around you. Take a breath in, pause and exhale. Do this 3 times then acknowledge:

5 things
you can
see

4 things
you can
touch

3 things
you can
hear

2 things
you can
smell

1 thing
you can
taste