



Grounding Techniques



Grounding is centering back to the present.

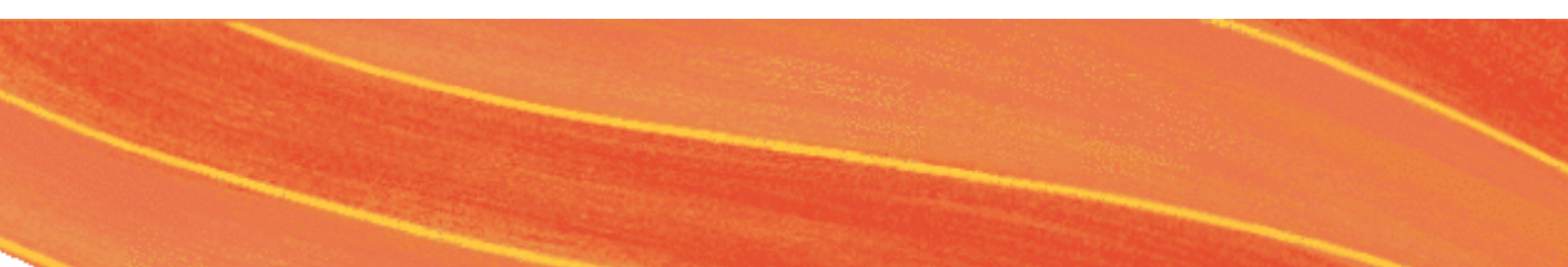
It involves a set of methods that uses sensory and cognitive techniques to bring back the focus to the present, thus rooting the attention to the current lived moment.

In moments of anxiousness, extreme stress, or feelings of emotional dissociation/overwhelming we tend to float away from the present moment and think about multiple, possible future scenarios, and /or we can find ourselves ruminating over the events of the past.

In such moments the grasp on our immediate environment seems to loosen up. one might subsequently feel withdrawn from the surroundings and the people around them.

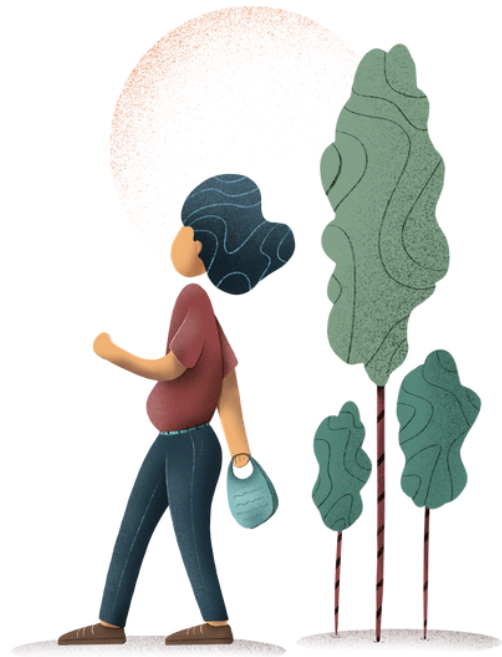
When experiencing these unpleasant states **one can use grounding** to anchor back to the present.

Grounding in itself might not solve the problem at hand that is causing the stress or anxiety however it does help to make a return to the present and calm down the mind-body so that one can then think and effectively work towards managing the said challenge as one connects back to the present.



Taking a Walk

One of the most effective ways to reconnect with the present moment is to take a short walk, you can try counting your steps, and observe your pace and breathing as you walk. Bring back the attention to your body and the surroundings.



Listening

While walking or sitting be attentive to all that you can hear, pay attention to the music you might be listening to or the voices of people around you. Try focusing on the sounds that are in the background, you might hear the dogs barking the birds chirping, or the construction noise.

Drawing attention to the auditory stimuli in the environment helps to root the conscious thoughts back to the present.

Visual Observation

While listening to your environment also bring your attention to all that you see around you. Notice each object, and pay attention to the colors and texture of these objects. Bringing attention to both the visuals and the sounds around you can aid your mind in bringing its focus back to the immediate experience.

Write

About all that you see around you, describe what you see and hear. Focus on the details of the present experience.

Stretching And Exercising

This is another way to bring your attention to the here and now. By attending to your kinesthetics that is focusing on your breath and the movement of your limbs and joints you can ground yourself.

Cognitive Exercises

- Think in categories, pick a category such as capital cities, rivers, water sports, indoor games, historical monuments, cuisines, etc. and try listing all that fits into these categories.
- Play memory and attentional games and puzzles.
- Try Creative Visualization

5-4-3-2-1 Method

List-

- Five things you hear around you
- Four things you see
- three things you can touch from where you're sitting
- two things you can smell
- one thing you can taste



Try **deep breathing** while observing your breath.