

GROUNDING TECHNIQUES

YOUR THOUGHTS AND THE REACTIONS OF YOUR BODY TO ANXIETY ARE LINKED: THE MORE YOU THINK ABOUT YOUR PHYSICAL SYMPTOMS OF ANXIETY (E.G. YOUR HANDS SHAKING, BLUSHING ETC.), THE STRONGER THEY WILL BE. TO HELP MANAGE YOUR PHYSICAL SYMPTOMS, CHANGE THE FOCUS OF YOUR ATTENTION FROM THINKING ABOUT YOUR BODY TO THINKING ABOUT THE OUTSIDE WORLD. YOU CAN USE GROUNDING TECHNIQUES, LIKE THE ONES BELOW, TO HELP YOU BRING YOURSELVES BACK TO THE HERE AND NOW AND REFOCUS.






Flow activities

Flow activities take our full attention, we "lose ourselves" in them and don't notice the time passing. Some examples: drawing, colouring, reading, watching TV, playing music

Colours

Find 5 items in the room which are a certain colour (eg. 5 items which are blue).

5, 4, 3, 2, 1

-  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.

abcd...

Think of a subject and name something to do with that subject for each letter of the alphabet (eg. name animals: ape, bear, cat...)

Relaxation & breathing

Follow instructions or videos for controlled breathing or muscle relaxation.



Muscle Relaxation

Use this exercise to relax different muscles in your body by tensing them for 5 seconds and then relaxing. When tensing each muscle, study the tension and notice how different it feels when the muscle becomes relaxed.

Shapes

Find 5 items in the room which are a certain shape (eg. 5 items which are square).



Calm Box

Create a calm box full of things which make you feel better which you can go to when you are feeling anxious. This is personal to everyone so create this with your child. It is useful to cover all 5 sense. Bigger things can be replaced by a photo/memo if they don't fit inside the box.