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Grounding Technique List

5 Senses

Find:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

Distraction

- Name all the red things you can see
- Count backwards by 3 from 100
- Recite a poem or song
- Pick a category and name all the things you can (dog breeds, baseball teams, etc)

In your body

Place your feet flat on the floor. Starting at the crown of your head, focus on your body piece by piece. Pay attention to each tiny movement and feeling as you breathe.

Breathing

Focus on breathing from your diaphragm (your stomach should move, but not your chest).

Breathe in for 5 seconds, hold 4, out for 7 seconds, hold 4.

Repeat.