STAYING GROUNDED

(even when your whole life seems up in the air)

Grounding is essentially the practice of bringing your focus to what is happening to and around you in the present moment. This practice can be very helpful in managing anxiety by moving your attention away from negative or unwanted thoughts or challenging emotions. Grounding techniques can promote a clearer mind and more balanced emotions.

Below are a variety of grounding techniques to help you create space between yourself and feelings of distress:

PHYSICAL TECHNIQUES - using the five senses to ground you in the present moment:

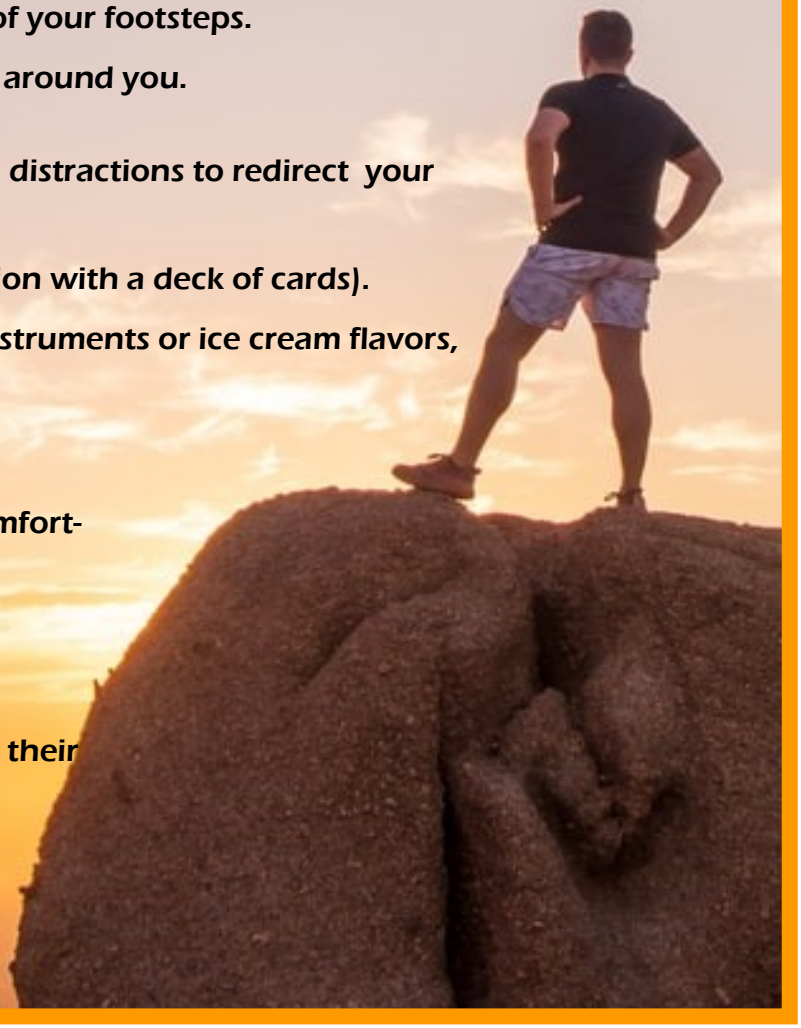
- Hold a piece of melting ice - notice the changing sensation.
- Savor the complexity of a favorite scent.
- Take a walk concentrating on the rhythm of your footsteps.
- Close your eyes and identify all the sounds around you.

MENTAL TECHNIQUES - using mental distractions to redirect your mind away from distressing thoughts:

- Play a memory game - (i.e. play Concentration with a deck of cards).
- Think in categories - (i.e. choose musical instruments or ice cream flavors, etc. and mentally list as many as you can).
- Recite something you know by heart .

SOOTHING TECHNIQUES - using comforting techniques to promote positive feelings:

- Sit with your pet.
- Plan a dream vacation in detail.
- Picture the face of someone you love. Hear their voice.



The EAP is here to help!
800-542-6021