

## Grounding Tools to Manage Worry

*\*All tools are most effective while practicing slow, deep breathing.*

### 1. 5-4-3-2-1 Senses

Practice identifying:

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

### 2. 5-4-3-2-1 Sight

If noticing each sense is tough, try an exercise just with sights. Create categories and name what can be seen. Here's an example:

- 5 colors I see
- 4 shapes I see
- 3 soft things I see
- 2 people I see
- 1 book I see

### 3. Power Hug

Firm pressure is great for grounding. You can also create an affirming statement to use for this exercise. It could be something like, "I am in control," or "I am safe in this moment." Practice placing the left hand on the right shoulder for a tap and then the right hand on the left shoulder for another tap. Then squeeze into a hug and say the affirmation. Tap, tap, squeeze, affirm. Tap, tap, squeeze, affirm. Repeat this as many times as needed.

#### **4. Object Focus**

Keep some unique items on hand with different textures and colors. These could be sensory items, colorful rocks, snow globes or something else. Anyone can hold an item in their hands and tune in all of their focus to the item. Notice the colors. Notice the textures. How does it feel in my hand? How does it feel when I squeeze it? What colors do I see? Just notice everything there is to notice about the item.

#### **5. “I am Here” Hand Trace**

For this exercise, you’ll need paper and a pencil, marker, or crayon. Anyone can trace their hand on the paper. You can take this a few different directions. Anyone can simply press the hand into the space on the paper and feel the connection between hand and table. Or they can use the space inside the hand to write things they see or describe the room.

#### **6. Reorientation**

To reorient to the moment, just name facts about the moment. You can have these written down on a card and refer to them when needed:

It might sound like:

- My name is...
- I am in...
- Today is...
- The season is...
- The weather is...
- I am wearing...