## Grounding Techniques for de-escalation

### Physical
- Put your hands in water
- Pick up or touch items near you
- Breathe deeply
- Savor a food or drink
- Take a short walk
- Hold a piece of ice
- Savor a scent
- Move your body
- Listen to your surroundings
- Notice your senses
- 5-4-3-2-1 Method
  - 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

### Mental
- Play a memory game
- List items in categories
- Do mental math
- Recite something (ex. poem, song)
- Use an anchoring phrase
  - ex. "I am okay, I am here"
- Narrate situation
  - ex. “It’s raining, but I can see the sun. I’m thirsty, so I’m going to make a cup of tea”
- State known facts
  - ex. “I am full name, I am X years old, I live in city, state”
- Visualize a mundane activity
  - (ex. folding laundry)
- Describe a common task, giving step by step instructions
- Imagine yourself leaving the painful feelings behind
- Describe your surroundings

### Soothing
- Picture the face/voice of someone you love
- Practice self-kindness and self-talk
  - “You are strong, you can do this”
- Sit with your pet
- List favorites (ex. 3 favorite books, movies)
- Visualize your favorite place
- Plan an activity
- Touch something comforting
- List positive things that bring you joy, visualize them as you do so
- Listen to music

### Additional Tips
- Practice even when you aren’t in distress
- Start early  *(don’t wait for distress to escalate to use these techniques)*
- Avoid assigning values  *(ex. focus on facts, rather than your feelings about what is around you)*
- Check in with yourself  *(rate your distress before and after on a 1-10 scale)*
- Keep your eyes open  *(this makes it easier to remain connected to your surroundings)*

**Source:** [https://www.healthline.com/health/grounding-techniques#soothing-techniques](https://www.healthline.com/health/grounding-techniques#soothing-techniques)

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