

GROUNDING

TECHNIQUES

TO MANAGE

ANXIETY

RAINBOW GROUNDING TECHNIQUE: Imagine the colors of the rainbow i.e. Purple, blue, green, yellow, orange and red. Focus on one color at a time and identify objects in your environment that are that color. For example, if you are in your room, first look at any purple objects in the room, like a purple book and a purple blanket. Next, look at all the blue objects in the room, like a blue bottle, a blue pen and a blue bag. Next move on to green and so on.



TEMPERATURE CHANGE: Get in contact with something that feels cold, like cold water or ice. You can try splashing cold water on your face or run your hands through cold water or holding an ice cube in your hand and watching it melt or rubbing ice on your hands or neck region.



HEEL DROP EXERCISE: This can be done either sitting down or standing up. Keep your feet flat on the ground and focus on the sensation you feel in your feet. Now lift your heels while keeping your toes on the ground and now drop your heels down again. Repeat this several times, where you lift up your heels and drop them down. Try to do this for 1-2 minutes at least.



ENGAGE YOUR SENSES: This involves identifying each of your five senses and reminding yourself of something that feels relaxing or comforting for that particular sense. For example, remind yourself of a sound you like to hear and sit with that for a while, then remind yourself of a thing you like to see, a texture of something you like to touch, a food or drink you like to taste, a smell of something you like and sit with each of these for a while.



A TO Z GROUNDING TECHNIQUE: Start in alphabetical order and identify any one category you want to start naming from A to Z. It could be the name of movies, celebrities, countries, animals, songs etc. For example, if we take name of animals, we can start by identifying A for Ant, B for Bear, C for Cat and so on till Z.

