

# Grounding Strategies

to calm big feelings by refocusing the brain on what is happening in the present moment.

## 5-4-3-2-1

Focus on your senses and name:

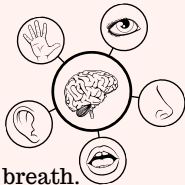
5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

End by taking 1 slow, deep breath.



## 5 Finger Breathe

Open the palm of one hand.

With the pointer finger of your other hand, start lightly tracing up your thumb as you breathe in, 1-2-3.

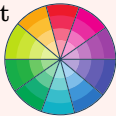
Trace back down your thumb as you breathe out, 1-2-3.

Repeat for every finger.



## Color Spot

Pick a color. Look around the room. How many different shades of that color do you see?



## Dot Breathe

Picture a tiny dot on your forehead. Breathe in and imagine the dot getting bigger. As you breathe out, imagine the dot shrinking tiny again.

Repeat until you feel calm.