

GROUNDING TECHNIQUES

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



Grounding is a self-soothing skill to use when you are having a bad day or dealing with a lot of stress, overwhelming feelings, and/or intense anxiety.

Grounding is a technique that helps keep you in the present and helps reorient you to the here-and-now and to reality.

Visit hhswellbeing.com for helpful resources about wellbeing.

