



# Tips For Grounding With A Friend



If someone is experiencing anxiety, they might be overwhelmed by a sense of impending doom. There could be an increase in heart rate or intensified breathing patterns, or the individual might sweat, tremble, feel weak, tired, fearful, and not be able to think clearly.

**You can help by following these steps:**

- Remain calm.
- Stay with them.
- Speak softly.
- Don't make assumptions-be sure to ask questions.
- Speak in short, simple sentences.
- Be predictable-avoid surprises.
- Breathe with them by counting slowly to ten.

**Offer to lead your friend through the following grounding exercise:**

**Name:**

**5 things you see**  
**4 things you feel**  
**3 things you hear**  
**2 things you smell**  
**1 thing you taste**

**repeat as needed**

**How you respond matters. Be supportive, encouraging, and affirming.**

"You can get through this."

"I am proud of you. You're doing a great job."

"Tell me what you need right now."

"Concentrate on your breathing.

Let's return to the present moment together."

"What you are feeling is scary, but it's not dangerous, and it will pass."

**By following these simple guidelines, you can**

- Reduce the amount of stress in the situation.
- Prevent the situation from getting worse.
- Support the person in regaining some of their control.



# Tips for Self-Soothing

*Grounding techniques can help you reduce anxiety, manage intense and overwhelming emotions, remain present and reclaim mental focus and a sense of inner calm.*

**Explore, practice, & discover what works for you.**

**What do you need right now?**

## Space

Find an area with enough space to lay down - the floor, your bed, even outside on the grass. Once you've settled on your back, spread your arms and legs out like a starfish. Take a few deep breaths.\*  
(\*Note: If you feel crowded by a person, it is okay to move away!)



## Air

Engage your parasympathetic nervous system by breathing in for 4 seconds, and out for 6 seconds. Step outside & repeat: "fresh air fresh start" while breathing in, and "I'm releasing my stress away" while breathing out.

## Focus

Express yourself in a frenzied journal entry. Grab a pen and paper, set a timer for 5 minutes, and write down anything that comes to mind (doesn't have to be full sentences). It can help us make better sense of our thoughts, which can redirect our focus to the task at hand.



## Hope

**Hold On Pain Ends:** reflect on resilient moments from the past and remind yourself that you have survived 100% of the challenging experiences you've had so far! Keep going!

**Have Open Positive Eyes:** scan your immediate surroundings and look for things that bring you joy, comfort and light.