



# 5 ways to ground yourself

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## 54321 technique

Take a deep breath and do this to drop in to the moment.

Name 5 things you can see around you

Name 4 things you can touch

Name 3 things you can hear

Name 2 things you can smell right now

Name 1 thing you can taste

## Square Breathing

Square breathing is a simple way to refocus your attention to your breath. With your index finger, slowly trace the shape of a square in front of you, keeping your eyes on that finger.

With one side, breathe in for 4 seconds...

With the next side, hold your breathe for 1 second...

With the third side, breathe out for 4 seconds...

With the final side, hold for 1 second...

## Memory game

When you are feeling anxious, you need to try to reorient yourself to the present moment, and using declarative memory games can help with this.

Name as many types of dog breeds you can.

Name how many cities have you visited around the world.

Repeat the alphabet backwards.

## Touch and describe

Find an object around you e.g. cushion, handbag, water bottle. Try to describe it as if you are explaining it to someone who has never seen it before. e.g. "This is a cushion, it is a square shape with a red and purple pattern of stripes...it feels soft with some hard ridges around the corners." Repeat until you feel calm

## Mantras

Mantras or affirmations are positive and helpful statements that you feel calm and grounded when you hear them. Writing them down in your phone or on a card in your wallet can be handy. e.g.

I am safe, I am here in the present moment

This feeling will pass, nothing bad is happening right now

I can handle these emotions, I am strong