

Grounding Techniques Guide

Appiah Counselling – Calm • Safety • Presence

When anxiety, panic or distress feels overwhelming, grounding techniques can help you return to the present moment and reconnect with a sense of safety.

1. 5–4–3–2–1 Senses Exercise

- Name **5 things** you can see
- Name **4 things** you can feel (touch)
- Name **3 things** you can hear
- Name **2 things** you can smell
- Name **1 thing** you can taste

Notice your breathing as you move through each step. Take your time.

2. Naming and Noticing

Gently describe out loud what you notice around you. For example:

“I’m sitting on a chair, my feet are on the floor, there’s a window to my left, I can hear cars outside.”

This helps your brain register that you are in the present, not in the past event.

3. Temperature Shift

Holding something cool (like a glass of cold water) or gently splashing cool water on your wrists can help your nervous system settle.

4. 3-Minute Breathing Space

Minute 1: Notice – What am I thinking, feeling, sensing?

Minute 2: Breathe – Gently slow your breath, in through the nose, out through the mouth.

Minute 3: Expand – Notice your body on the chair, feet on the ground, the room around you.

You can bring these techniques into session with your counsellor or use them between sessions to support your wellbeing.