



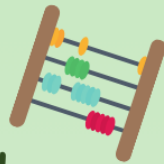
Step Forward

Counselling | Psychotherapy

Grounding Techniques

5-4-3-2-1

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Count Backwards

- From 100 in 7's or 3's
- Go through the alphabet naming animals for each



Take a breath

- Take a deep breath in through your nose for 5 seconds
- Hold for 2 seconds
- Breath out through your mouth for 6 seconds
- If possible, go outside or open a window to do this



Cold Water or Ice

- Hold something cold or splash your face with cold water



Texture Focus

- Find 3 different textures and focus on how they feel, cold, soft, squishy, smooth, rough etc

Remind yourself that you are safe, this will pass



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