**Grounding Techniques - these techniques help reorient yourself to the present moment.**

**3 2 1**

Name to yourself in your head or aloud

Three things you see, three things you feel (touch), three things you hear

Two things you see, Two things you feel (touch), Two things you hear

One thing you see, One thing you feel (touch), One thing you hear

**Memory game**

Name as many things from a category as you can. Such as dog breeds, cities, types of food, etc.

**Deep Breathing**

Breath in your nose count till 7

Hold breath for 4

Breath out your mouth count till 8

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**3-2-1 get out of your mind and into your surroundings**

Name to yourself in your head or aloud

Three things you see, three things you feel (touch), three things you hear

Two things you see, Two things you feel (touch), Two things you hear

One thing you see, One thing you feel (touch), One thing you hear

**Use calming self talk.**

"This feeling will pass."

"I will get through this."

"I am safe right now."

"I am feeling anxious now, but soon I will be calm."

I can feel my heart rate gradually slowing down.