

Grounding Techniques for Anxiety

At this time of Covid 19 many of us are feeling anxious. We might have lots of questions such as:

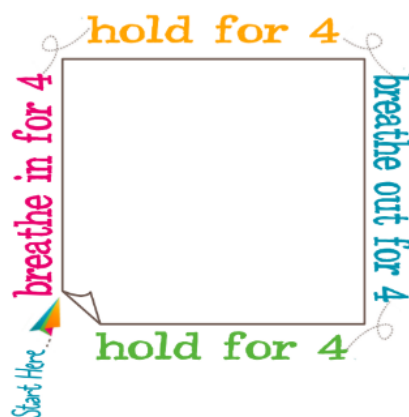
*When can I see my friends and family again?
When can I go back to work or my activities?
Will I get sick?*

We may be more anxious than usual. The good news is we can take control of our anxiety. Here are some tips on how to manage your anxiety if it starts to feel very big and overwhelming:

- Sit down – keep your feet flat on the floor, this will slow your heart rate and help you feel more relaxed



- Breathe deeply – do some square breathing; use your finger to draw a square in front of you, breath in for 4 counts, hold for 4 counts, breath out for 4 counts, hold for 4 counts, repeat for as long as you need



- Look for 5 things that you can see



- Find 4 things you can feel



- Listen to 3 things you can hear



- Find 2 things you can smell



- Find 1 thing you can taste



- Find something to hold onto – this can be any object to hand, it could be a soft cushion or a smooth stone - notice the colour, its shape, the patterns, how it feels in your hand



- Allow your thoughts to come and go

- Distract yourself – an example of this could be to find as many different colours you can see or simply to count all the green things you can see



- Have a relaxing bath or shower



- Move around – sometimes our anxiety feels too big to sit down. When this happens move around instead. This will help to get rid of the anxious feelings and help kick start the more relaxed and happy feelings we get when we do exercise

Go for a walk



Play some music and dance around your lounge



Walk up and down your stairs 10 times



Do some cleaning



Sing – this helps us to breath more deeply

