

GROUNDING TECHNIQUES

Grounding techniques can ease anxiety and manage stress. When your fight-flight instincts kick in, try these strategies to counteract heightened feelings. Grounding techniques are actions that distract the brain and calm the body, helping you stay present and in the moment.



Name Your Emotion



Take a Warm or Cold Shower



Cleansing Breaths



Move Your Body



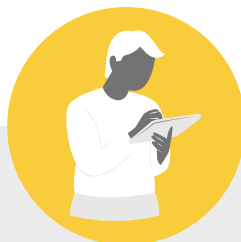
Nurture in Nature



Repeat Loving Words to Self



Clench and Release Fists



Write a List of Favorites



Spell Some Words Backwards

**Seek Further Help
From a Mental
Health Specialist**

These grounding techniques can help in the moment, but they aren't enough to treat anxiety or force panic attacks to go away. If you're experiencing regular anxiety, consult a mental health professional and/or your Employee Assistance Program. A specialist can help you overcome and move toward healthier emotional wellbeing.