



Five Exercises to reduce Anxiety

Grounding is a technique that helps us reorient to the here-and-now, to bring us in to the present. This should take your thoughts away from whatever is triggering your anxiety. You can use this technique any time you feel overwhelmed by your anxiety. Try each of the following and see which works for you. It could even be a combination.

1. Ask yourself to search for 10 items in the room of the same shape or colour e.g. 10 items that are circular or 10 orange items. If that doesn't take you very long, then try a different shape or colour and repeat.
2. Hold an object in your hand and touch it with all of your fingers and thumbs. Notice how the object feels – is it smooth, hard, soft? Look at how it is made. Does it have a smell?
3. Concentrate on your breathing. Notice your in breath and out breath. Try to breathe through your nose and out through your mouth. Count how many seconds you breathe in and out for. Gradually try to lengthen the time it takes each breath.
4. Really notice how you are sitting or standing. Think about the way your feet feel on the ground. Place them as flat as possible so you feel stable. If you are sitting down then think about how your bottom and back are supported in the chair. Let the chair support you. If you are standing up then walk slowly noticing how the ground feels under your feet.
5. Listen to the sounds you can hear around you. Is there the distant sound of traffic? Is there a humming sound from the computers nearby or the light above? Does your shoe make a noise when you move it? Can you hear the rain dripping or the wind blowing?