

Grounding Exercises

- **Dropping Anchor:** Dropping Anchor is a grounding exercise from Acceptance and Commitment Therapy (ACT) that can help you reconnect with the present moment when you feel overwhelmed, caught up in your thoughts, or stuck thinking about the past or future.
 - **4-Minute Guided Audio:**
https://static.wixstatic.com/mp3/bcd432_170da6346a39441ca57d9a530f5df957.mp3
- **STOP Skill:** This tool helps you pause in the moment, reconnect with your body, center your thoughts, and choose how you want to respond. It gives you a chance to slow down before reacting so you can move forward with greater clarity and intention.
 - **S: Stop**
 - Pause what you're doing. Don't speak, act, text, or react right away. This gives you a moment to interrupt the automatic reaction and create space before responding.
 - **T: Take a Step Back**
 - Give yourself some time to slow down, whether that means physically stepping away or taking a mental step back. Take a few deep breaths and allow your body to settle.
 - **O: Observe**
 - Notice what is happening without judging it. Pay attention to what you're feeling in your body, the thoughts that are coming up, what is happening around you, and how others are responding. You don't have to analyze or fix anything yet.
 - **P: Proceed Mindfully**
 - Once you've had a chance to pause and observe, consider what would be most helpful to do next. Think about what response aligns with your goals, values, and long-term well-being. The most effective response may not always be the easiest or most comfortable one, but it can help you move forward intentionally rather than reacting automatically.
 - **STOP Worksheet:** https://bcd432ad-d3ad-4d1c-a487-69cce310a2c1.usrfiles.com/ugd/bcd432_3ed8ec23eac9485ba0017e5b3f4742e7.pdf
- **5-4-3-2-1:** This grounding technique uses your senses to bring your attention back to the present moment. It can be helpful when you feel overwhelmed, anxious, or caught up in racing thoughts. Instead of focusing on what happened in the past or what might happen next, you focus on what you can notice right now.
 - **5: Notice 5 things you can see**
 - Look around you and identify five things you can see. Take a moment to notice their colors, shapes, textures, or other details.
 - **4: Notice 4 things you can feel**

- Pay attention to four things you can physically feel. This could be your feet against the floor, your clothing against your skin, the chair beneath you, or the temperature of the air.
- **3: Notice 3 things you can hear**
 - Listen to three sounds around you. They can be heard nearby or farther away.
- **2: Notice 2 things you can smell**
 - Identify two scents you can notice. If you don't immediately notice any, think about scents you can detect nearby, such as soap, food, or fresh air.
- **1: Notice 1 thing you can taste**
 - Notice one taste in your mouth. You can simply observe what you taste or take a sip of water or another drink if needed.
- **Guided Meditation:**
 - <https://youtu.be/vQXEfmlCkns?si=mWVPLrHM31zAiNQc>
- **Grounding Methods Simplified:** This worksheet includes various grounding methods. From saying the alphabet in a specific way to remembering the words to a favorite poem or song. https://bcd432ad-d3ad-4d1c-a487-69cce310a2c1.usrfiles.com/ugd/bcd432_bf4c43e54e414bf59455793131ce75df.pdf