Grounding Techniques:

##### 1. Engage your tastebuds with a piece of peppermint or cinnamon candy. Concentrate on the taste and spicy sensation, rather than the intense emotion you're experiencing.

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##### 2. Hold an ice cube. Take a piece of ice in your hand and focus on how it feels on your palm and fingertips. The cold sensation helps redirect your mind to noticing what you're holding instead of your overwhelming thoughts or feelings.

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##### 3. Go for a short walk. While walking, try to focus on the sights, smells and sounds nearby. Count your steps. Pay attention to your breathing. Notice how your feet feel when they hit the ground with each step.

##### 4. Focus on your breathing. When you inhale your heart rate increases, while an exhale decreases your heart rate. So make sure you exhale twice as long as you inhale. Breathe like that for five to seven minutes—that's enough time for your brain to understand you're not under attack.

5. 5-4-3-2-1 Method. Focus on 5 things you can see. Focus on 4 things you can touch. Focus on 3 things you can hear. Focus on 2 things you can smell. Focus on 1 think you can taste.

Resource: <https://www.forbes.com/sites/nomanazish/2021/08/27/10-simple-grounding-techniques-to-calm-anxiety/?sh=2aa33dfb446a>