

GROUNDING TECHNIQUES



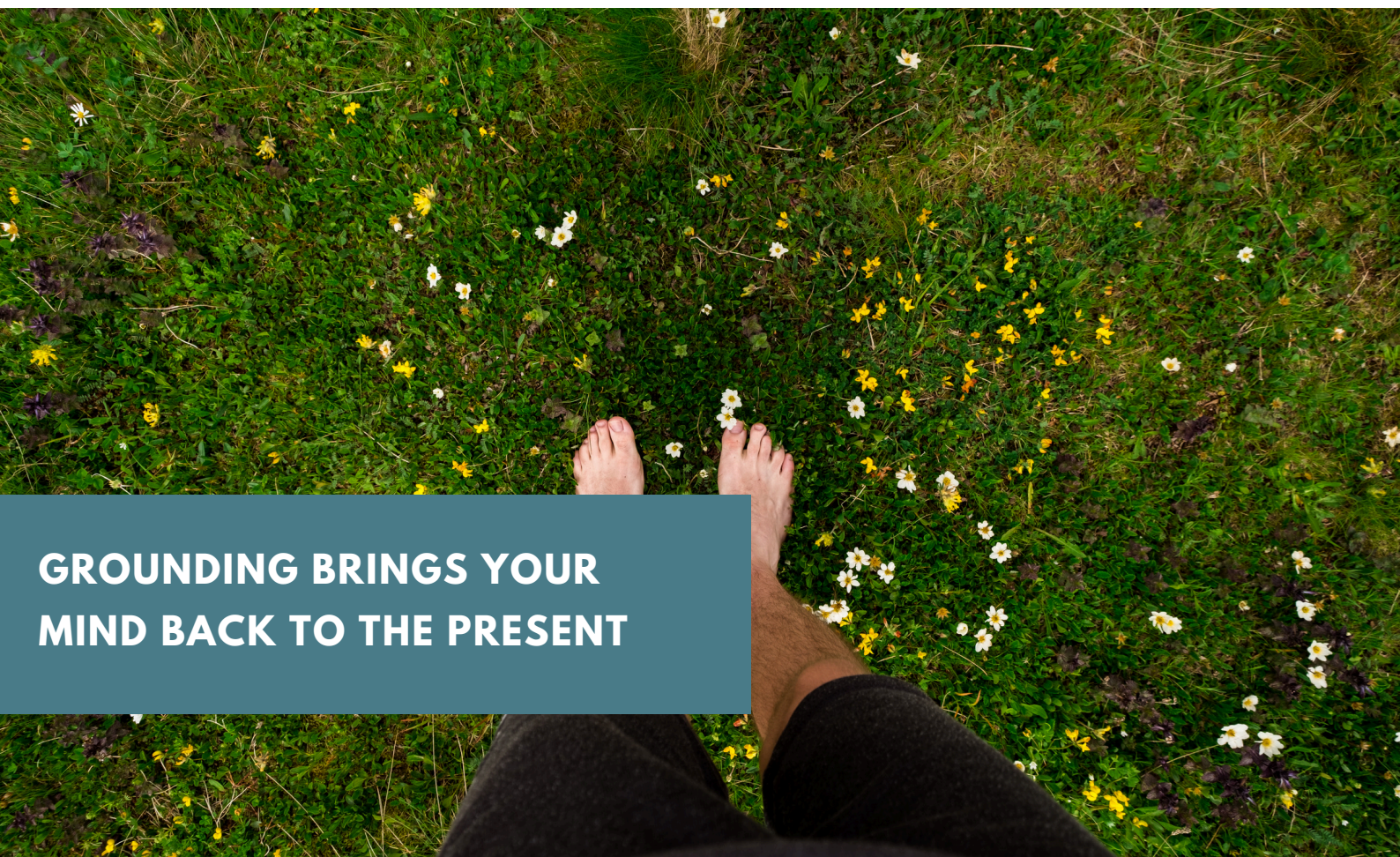
ABOUT US

Credit Valley Counselling and Psychotherapy provides compassionate, evidence-based support for individuals, couples, and families. We offer a safe space to explore challenges, strengthen coping skills, and work toward meaningful emotional wellbeing.

WHAT ARE GROUNDING TECHNIQUES?

Grounding techniques are simple exercises that help bring your attention back to the here and now when you feel overwhelmed, anxious, or disconnected.

They use your senses, body, or mind to anchor you in the present moment.



**GROUNDING BRINGS YOUR
MIND BACK TO THE PRESENT**

WHY GROUNDING HELPS

When anxiety rises, the mind often jumps into the future or past. Grounding shifts your focus to what is happening right now, helping your nervous system settle and reducing intense emotions.



Grounding is helpful for:

- Anxiety and panic
- Overwhelming emotions
- Dissociation or feeling “spaced out”
- Stress
- Trauma responses

By focusing on your surroundings or your body, you remind yourself that you are safe in the present moment. With practice, grounding can become a reliable coping tool you can use anytime, anywhere.

THE 5-4-3-2-1 TECHNIQUE



05 Name 5 Things You Can See

04 Name 4 things you can touch

03 Name 3 things you can hear

02 Name 2 things you can smell

01 Name 1 thing you can taste





FOR MORE INFORMATION PLEASE CONTACT



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