

KILSYTH ACADEMY

POSITIVE COPING STRATEGIES

GROUNDING TECHNIQUES

Grounding techniques are strategies that can help calm a person when feeling extremely panicked or overwhelmed.

The purpose is to help them calm down and cope more positively with anxious thoughts and feelings.

Square breathing

This is where you breathe in for 5 seconds, hold your breath for 4 seconds, breathe out for 4 seconds, and repeat continuously to slow your breathing and calm your body and mind.

Re-focusing on your senses

You should name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste