



BONA FIDE

PSYCHOTHERAPY & COUNSELLING

5 GROUNDING TECHNIQUES FOR ANXIETY

(That Actually Work)

WHEN ANXIETY STARTS TO SPIRAL, GROUNDING TECHNIQUES BRING US BACK TO THE PRESENT. THESE TOOLS ARE SIMPLE, EVIDENCE-BASED WAYS TO REGULATE OUR NERVOUS SYSTEM – ANYTIME, ANYWHERE.



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1

5-4-3-2-1 SENSORY GROUNDING

What it is:

A mindfulness method that gently brings your focus to the present by using your five senses.

Use when:

A mindfulness method that gently brings your focus to the present by using your five senses.

How to practice:

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

Try this with your teen:

Make it a game – “I Spy Grounding Edition” during car rides or walks.

2

BOX BREATHING

What it is:

A calming breathing technique used by Navy SEALS to manage stress.

Use when:

You feel panicky, tense, or before sleep.

How to practice:

Inhale for 4 counts → Hold for 4
→ Exhale for 4 → Hold for 4.
Repeat for a few rounds.

Try this with your teen:

Trace a square in the air with your finger while breathing together.



3

COLD WATER SPLASH TRICK

What it is:

A quick physical reset that activates the vagus nerve to reduce anxiety.

Use when:

You're feeling frozen or emotionally overloaded.

How to practice:

- Splash cold water on your face or hold an ice cube in your hand for 10-30 seconds.
- Breathe slowly as you do.

Try this with your teen:

Turn it into a sensory “wake-up” challenge.
Who can hold the ice the longest?

4

ANCHORING OBJECT

What it is:

A small item you can touch or hold that brings comfort and helps refocus your mind.

Use when:

You're in public, in a meeting, or need discreet support.

How to practice:

- Hold your object (e.g., a smooth stone, bracelet, or calming token).
- Focus on its texture, weight, and temperature while taking deep breaths.

Try this with your teen:

Let them choose a “calm object” to carry – like a crystal, fidget toy, or keychain.



5

SELF-TALK SCRIPTS

What it is:

Reassuring phrases that help reframe anxious thoughts and bring emotional safety.

Use when:

Your thoughts start spiraling or you need inner reassurance.

How to practice:

Try saying:

- "I am safe in this moment."
- "Feelings are not facts – this will pass."
- "I don't have to figure it all out right now."

Try this with your teen:

Write affirmations together and post them on the mirror or in notebooks.

MINI REFLECTION JOURNAL

Take a quiet moment to check in with yourself after using these tools:

Which technique helped me the most today?



What emotion shifted after I tried it?

Where in my body did I feel that change?

How can I gently remind myself to use this again next time?

**You deserve peace. Start with one breath,
one technique, one moment at a time.**

Book a consultation call:

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