

A person with dark hair, wearing a pink long-sleeved shirt, is sitting at a desk and writing on a notepad with a silver pen. The background is a soft, out-of-focus light pink.

# Grounding Techniques

## **The Categories Game**

Pick out a few categories and challenge your brain to list as many things in those categories as possible. Categories can be endless - celebrities, countries, fruits, birds, perfumes, etc.

## **These are a Few of My Favorite Things**

Similar to The Categories Game, this technique involves listing your favorite things/activities & breaking them down into categories. Your favorites can be anything - favorite time of day, meal, flower, sport, etc.

*If you are feeling anxious or panicky, these Grounding Techniques can help calm you and bring you back to the present moment. Challenging yourself to focus on categories slows your heart rate and takes your attention off the intense feelings of anxiety, worry, or panic. Thinking about your favorite things & activities will put you in a more positive mindset.*