

Grounding Techniques

InsightTimer

Grounding techniques are strategies used to help individuals bring their focus back to the present moment, often to manage anxiety, stress, or dissociation.

5 Senses Grounding Meditation

[5 Senses Grounding Meditation](#)

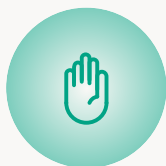


Take a deep breath and name:



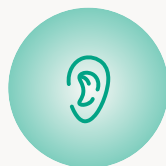
5

things you
can see



4

things you
can touch



3

things you
can hear



2

things you
can smell



1

thing you
can taste

Safe Space Visualization

[Safe Place Imagery](#)



Find a comfortable position.



Add details to your visualization: smells, sounds, colours, textures.



Close your eyes and take a few calming breaths.



Allow yourself to fully immerse in this safe space, soaking in the feelings of calmness and security.



Visualize a place where you feel completely safe and at ease.



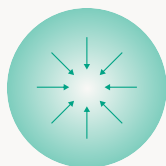
When you're ready to leave your safe space, slowly bring your awareness back to the present moment.

4-7-8 Breathing Technique

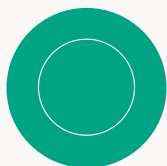
[4-7-8 Breathing Technique \(No Music\)](#)



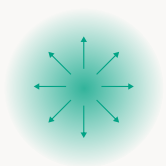
To Reduce Anxiety



Inhale
quietly through
your nose for a
count of four.



Hold
your breath for seven
counts, feeling the
stillness and fullness
in your lungs.



Exhale
fully through your mouth
for a count of eight,
releasing tension with a
whooshing sound.

*Repeat this cycle for a total of four breath cycles when starting out.