**GROUNDING**

A SHORT-TERM COPING SKILL FOR INTENSE REACTIONS

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**IS GROUNDING APPROPRIATE?**

Is the person unresponsive, panicked, or frantic? Are they stuck in their anxiety?

- **NO**
- **YES**

  Is the intense reaction interfering with essential duties, threatening safety, or preventing healthy coping?

  - **NO**
  - **YES**

  Is this likely a one-time reaction in a crisis situation?

  - **NO**
  - **YES**

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**HOW TO PRACTICE GROUNDING**

1. Sit comfortably and breathe slowly and deeply into your belly.

2. Name 5 non-distressing things you can see around you. Pause and breathe.

3. Name 5 non-distressing sounds you can hear around you. Pause and breathe.

4. Name 5 non-distressing things you can feel against your skin. Pause and breathe.

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**GROUNDING MAY NOT BE APPROPRIATE**

**GROUNDING IS LIKELY APPROPRIATE**

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Trauma Research Innovations // University of Washington School of Medicine, Department of Psychiatry and Behavioral Sciences