

HOW TO  
STAY CALM:  
10 GROUNDING  
TECHNIQUES

*Cheatsheet*

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# HOW TO STAY CALM: 10 GROUNDING TECHNIQUES

- 1. Let your emotions flow.** Acknowledge how you're feeling right now. Where do you feel tense in your body? Avoid judging yourself or rationalizing. Identify the emotion, but don't identify with it.
- 2. Pay attention to your belly.** Place your hands on your belly to help you focus. Pay attention to how it inflates and deflates with air. Breathe deeply till you feel calmer.
- 3. Breathe the emotion down to your feet.** Inhale, while imagining your breath attracting the negative emotion in your body like a magnet. As you exhale, envision the negative emotion gliding down to your feet, where it exits your body and gets absorbed by the earth.
- 4. Notice your body's contact with the floor or chair .** Notice how the chair feels against your back. Does it feel comfy or hard? Be mindful of the floor under your feet. "Grab" the floor with your toes. Or take note of how soft your socks feel against your ankles.
- 5. Touch and describe objects.** Pick up any object and examine it. Then, describe the object in as much detail as possible.
- 6. Stand like a tree.** Stand tall with your feet shoulder-width apart. Keep your hands by your side or put them on your belly. Imagine your body's weight and tension sinking into the ground. Visualize roots growing out of your feet and reaching deep into the earth.
- 7. The 5-4-3-2-1 Technique.** Name 5 things you see around you. Name 4 things you can touch around you. Name 3 things you can hear. Name 2 things you can smell. Name 1 thing you can taste. Repeat, if you need to.
- 8. Tense and relax a body part.** AKA Progressive Muscular Relaxation. Inhale and tighten your toes and feet. Squeeze them as tight as you can. Exhale and relax. Repeat for each body part.
- 9. Do Mindful Movements.** Practice Thich Nhat Hanh's Mindful Movements, gentle exercises based in yoga and tai-chi [here](#). My favorite is "Open Like a Flower". Imagine you're a flower opening and closing:

+ Breathe in and open your arms out to the side, with your palms up.

- + Breathe out and touch your shoulders with your fingertips.
- + Breathe in and open your arms out to the side again.
- + Breathe out and touch your shoulders again.

**10. Inhale “here”, exhale “now”.** Close your eyes. As you inhale through your nose, say in your mind, “Here.” As you exhale through your mouth, say in your mind, “Now.” Continue for as long as you need. If you lose your concentration, place your hand on your belly during this exercise.

**P.S.** Want to go back to the blog article? Click [here](#).

**P.S.** Struggling with self-doubt, fear of failure and perfectionism? Take a look at my [coaching services](#).