

**Dr. Nicole Christian-Brathwaite, MD Grounding /Stress Management Skills**

**Use these skills when:** you are triggered, panicked, overwhelmed, have urges to engage in unhealthy or unsafe behaviors or just need a moment to calm down

**Use these skills to:** bring the focus of your attention to the present moment, gain control of your feelings, feel safe and reduce feelings of anger and frustration.

**Directions: Circle techniques below that you will use when feeling triggered or overwhelmed. Keep a copy of this list visible in your home. Let your friends and family know what techniques are helpful for you, so that they can support you.**

**Do:**

1. Breathe in for 3 and out for 6
2. Count ceiling tiles.
3. Hold a frozen lemon or an ice cube.
4. Try to untie a frozen wash cloth
5. Eat something very sour or spicy
6. Chew gum
7. Hold altoids/mints in your mouth
8. Run cool or warm water over your hands.
9. Drink/Eat something very cold
10. Tense and relax muscle groups
11. Imagine a balloon in your stomach (inhale - balloon gets bigger, exhale - balloon gets smaller)
12. List everything you can think of in a category (types of dogs, cereals, etc.)
13. Read a book or magazine backwards.
14. Dig your heels into the floor.
15. Squeeze a stress ball.
16. Jump up and down.
17. Grab tightly to your chair and squeeze hard.
18. Stretch.
19. Take a shower.
20. Walk slowly, noticing each footstep
21. Remember a safe place and describe it in detail.
22. Picture people you care about.
23. Think of things you are looking forward to.
24. Do simple math problems in your head.
25. Stretch.
26. Clap your hands or rub your palms together.
27. Give yourself a bear hug
28. Exercise.
29. Pet your dog/cat if you have one.
30. Hold a stuffed animal.
31. Listen to music you like.
32. Dance.
33. Talk to a friend and ask them to distract you.
34. Do jumping jacks.
35. Have a drink of water.
36. Describe an everyday activity in detail.
37. Throw a ball back and forth with someone or against a wall.
38. Play "I spy:" look around the room and name what you see.
39. Put on lotion/perfume/cologne you like.

**Say (aloud or to yourself): Inhale and Exhale with each pause**

1. (breathe in) I AM (breathe out) AT PEACE
2. (breathe in) I am safe (breathe out) right now.
3. My name is \_\_\_\_\_.
4. I am \_\_\_\_ years old.
5. I was born on \_\_\_\_ (list month, day, and year).
6. I am at \_\_\_\_\_ (name where you are).
7. Today is \_\_\_\_\_ (day of the week, month, date and year).
8. Count to 10 or say the alphabet slowly.
9. Say soothing words as you breathe in and out.
10. I can handle this.
11. This feeling will pass.
12. Say kind things to yourself.
13. Sing your favorite song
14. Repeat a poem, meditation, or prayer you find helpful.
15. Ask yourself the name of the month/season/president/state you live in/place you are and say it out loud.
16. Say the names of your friends or family members out loud.
17. I can smell....I can see....I can feel....I can taste... I can touch

**Summary of the Top 5 Techniques I will use:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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@Drnicolecb on FB, Instagram and Twitter