

Practices for overwhelm

Here are some techniques that may help regulate high stress levels and bring you back to the present moment.

Try different approaches to see what works best for you – the most important thing is that it feels right for you.

If you experience frequent panic attacks, please contact a healthcare professional for support and guidance.



Tips and Techniques for Grounding and Stress Regulation

- Try gently tensing your legs and arms as you breathe in, then relax as you exhale slowly. Notice the contrast between tension and release. You can also try closing one hand as you inhale, and the other as you exhale.
- Massage and apply pressure to the soles of your feet.
- Lean against a wall or something solid to feel supported along your back. Imagine breathing in from the ground beneath your feet, drawing the breath up through your body to the top of your head. Then exhale slowly through your mouth, softening your face, shoulders, and belly—returning to the feeling in your feet.
- Massage your hands to reconnect with the sensations in your body.
- Shake out your limbs and make soft, circular movements around your joints.
- If you have access to cold water, rinse your hands and face. You can also hold something cool in your hand—this can interrupt the panic response.
- Cross your arms and gently tap with your fingertips just below your collarbones, at the top of your chest. Breathe slowly and notice the gentle pressure against your body.
- Tiring out the muscles in your arms and legs can help create a sense of release in the body. Try doing a few squats or push-ups.
- If you have a scent you enjoy, use it when you begin to feel anxious. Scents can help calm the brain's "alarm system" and bring you back to the present. Inhale the scent, and exhale slowly through your mouth with a soft "haaah" sound.
- This is one of the most common grounding techniques, as it engages all the senses to bring you into the here and now.

Try naming:

Five things you can see

Four things you can feel

Three things you can hear

Two things you can smell

One thing you can taste