

# Grounding techniques to help with anxiety

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**This leaflet explains grounding techniques to help with anxiety in patients with breathing pattern disorders – such as hyperventilation (over-breathing) or dysfunctional breathing.**

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## Why am I experiencing anxiety?

Most of the time people experience anxiety due to worrying about the future. Anxiety causes a variety of physical symptoms that can be very frightening. The most common symptom of an anxiety is feeling of being breathless. You may not be aware of this and may think your breathlessness is due to a lung or heart condition. This, in turn, increases anxiety, leading to more physical symptoms and more breathlessness. Thus, anxiety and a feeling of breathlessness can create a vicious circle.

## What can help control the anxiety?

Many people find relaxed breathing control exercises and grounding techniques useful in controlling anxiety. Your respiratory physiotherapist will go through the breathing control exercises.

## What is ‘grounding’?

Grounding is a technique that aims to return you back from negative, challenging emotions to the present. It distracts your mind from unwanted experiences to refocus on what is happening in the present.

## Grounding techniques

### 1. Slow, relax breathing:

If possible, get yourself away from the situation that is making you stressful or anxious. If this is not doable, try to concentrate on your breathing. Sit upright. If you notice yourself breathing faster, then try to slow down your breathing. Take slow deep breaths through your nose and slowly exhale from the mouth. Make sure you are breathing from the diaphragm / tummy and not from upper chest. Concentrate on the air going in and out. Concentrate on every slow breath you inhale and exhale. Focus more on exhalation, which will give you a feeling of relief.

### 2. Distraction:

- Choose your favourite colour or any colour. Look around your environment and find your colour. Notice various objects with that colour. You can repeat the process by picking a different colour.
- Another way of distracting yourself is counting backwards from 100 in sevens.

### 3. The 5-4-3-2-1 technique:

Again notice the place you are in. Now notice and observe:

- **Five** things you can **see**.
- **Four** things you can **touch** (it can be the floor, the chair you are sitting on, your clothes, bag and so on).
- **Three** things you can **hear** (radio, talking, sound made by objects or distant sounds / noises).
- **Two** things you can **smell** (perfume, food, coffee).
- **One** thing you can **taste** (or imagine the taste of your favourite food).

### 4. Concentrate:

Pick one item or an object such as keys, watch, purse, bracelet etc. You can also chose to carry one item with you all of the time. Once you have chosen the item, place it in your hand. Close your eyes and feel the texture, temperature, weight etc. of the object. You can look at the object or any other object in the room and notice its colour, features and any other qualities it has.

### Stick at it...

You may find the above techniques difficult to do in the beginning. However, the more you practise, the more it will be easy to calm yourself down.

## Where to get more help

If you are still struggling with your anxiety, speak with your GP or healthcare professional. You can also self-refer yourself to “Talking Therapies”. For more information about them, visit <https://talkingtherapies.berkshirehealthcare.nhs.uk> or contact them on 03003652000 or email [talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk).

There are also lots of apps available for both Android and Apple devices, such as “Calm” and “Headspace”, which can help relieve your anxiety.

### References:

How to Cope With Anxiety Breathing Difficulties ([calmclinic.com](http://calmclinic.com))

Grounding techniques for stress, anxiety and panic attacks – Counselling Directory ([counselling-directory.org.uk](http://counselling-directory.org.uk))

NHS Talking Therapies Berkshire ([berkshirehealthcare.nhs.uk](http://berkshirehealthcare.nhs.uk))

## Contact numbers

For any queries about your breathing pattern disorder, please contact the department on

**Tel: 0118 322 3574**

**Respiratory Physiotherapists:** Amol Gaikwad, Frankie Knight, Sydney Cox

**Tel: 0118 322 7560** Bleep: 659 Email: [pulmonary.rehabilitation@royalberkshire.nhs.uk](mailto:pulmonary.rehabilitation@royalberkshire.nhs.uk)

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