

ANXIETY

GROUNDING TECHNIQUE

FIRST, YOU WANT TO REMEMBER
A MOMENT FROM YOUR PAST
WHEN YOU FELT EXCITED AND
JOYFUL.

Visualize it in your mind's eye.
Really feel the joy that you felt in that
moment.

Visualize that same feeling of being
positive and excited and full of joy for
the future with regard to whatever is
making you worried or anxious.

FOR EXAMPLE:

My worries always had to do with my kids.
Especially when they started driving or
their friends started driving. I would make
myself sick. My stomach would be in knots.

I grounded myself by remembering a time
when I was their age and how much fun I
had with my own friends.

Instead I would think about how much fun
they were going to have at the place they
were going and how great it will be to hear
about it when they come home.

WHEN WORRISOME THOUGHTS
OR ANXIETY RE-SURFACE

For example, I would reassure myself
and say; "I am so excited for them to
have a great time. When they go
bowling they are going to have a blast. I
can't wait to hear their excitement when
they get home."

If my mind wandered again to a
worrisome thought ...

I would go back to the thoughts of
excitement for them again and visualize
them walking through the door and
excitedly talking to me about it.

REMEMBER THIS TAKES
PRACTICE. THE MORE YOU DO
IT, THE EASIER IT BECOMES TO
SHIFT YOUR MINDSET!

You can do it! I believe in you!

If you practice this technique and the
anxiety or worry still exists, you may
want to talk to a doctor to see if
there is something more that she can
do for you.