

Stress and Anxiety Services of New Jersey, P.A.

A-1 Brier Hill Court
East Brunswick NJ 08816
www.StressAndAnxiety.com

Phone 732-390-6694
Fax: 732-432-7206
Email: SAS@StressAndAnxiety.com

SENSORY GROUNDING

A cognitive behavioral relaxation technique

Treatment: Three one-minute exercises or drills (grounding) twice a day.

- ***First Minute- Sensory/Tactile***
 - Hold an object in your hands without looking at it; describe to yourself the features of the object (e.g., size, shape, texture, temperature, etc.). Don't name the object.

- ***Second minute- Visionary***
 - Look at the object and describe it (e.g., size, shape, marks, color, shading, etc.).

- ***Third minute- Auditory***
 - Sit in a comfortable chair and listen to the sounds around you, both in your immediate vicinity as well as in the distance, and describe them to yourself (e.g., bird chirping, car starting, dog barking, children playing, etc.).

Try to notice and describe the subtle, hard to notice aspects of these things, not just the obvious things. While on occasion it is ok to use the same objects at different practices, it is best to mix things up a bit and change the things that you are describing regularly, so that you are not just describing the item from rote memory. (You will have less control over what you describe when it comes to the auditory exercise). It is important to practice these routines when you are NOT anxious so that when you feel an episode coming on you can intervene.