

Grounding Techniques to Calm Your Nervous System

- **5-4-3-2-1:** Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste (or any combination of this); you can also do this with colors (name 5 things you see that are red , 4 things that are blue, etc.)
- **Deep Breathing:** Exhale slowly through the mouth for a count of 5
- **Box Breathing:** Inhale through your nose for 4 counts, hold the breath for 4 counts, exhale through the mouth for 4 counts, hold your breath for 4 counts (repeat, as needed)
- **Physical Sensations:** Hold a cold item (ice/wash your hands under cold water, focusing on letting the water hit your wrists, splash cold water on your face)
- **Touch:** Rub your hands over textured fabric (carpet, velvet, etc.) OR grab any object within your reach and as you are touching it, describe what it feels like, looks like, the shape, etc. (pens, books, cell phone, anything you can touch).
- **Smell:** Sniff a strong, pleasant scent like essential oils, coffee, spices, food, etc.
- **Sound:** Focus on the sounds around you like birds, traffic, airport noises, etc.
- **Cognitive/Mental Games:** Count to 100 or count backwards from 100, by 3s OR say the alphabet backwards OR name all items in a specific category (animals, cities, states, fruit, vegetables, etc.)
- **Soothing techniques:** Close your eyes and visualize a safe, favorite place in detail, pet an animal (if available), or listen to a favorite song, focusing on the individual instruments you hear
- **Move your body:** take a walk, jumping jacks, jogging in place, stretching, anything that gets you moving

Counseling/Crisis Phone Numbers

- **Virtual Counseling Program (VCC):** 1-855-205-6749
- **Crisis Lifeline:** Call or Text 988 or Chat 988lifeline.org
- **National Alliance of Mental Health (NAMI):** 1-800-950-6264 or Text 62640
- **Crisis Text Line:** text HOME or HOLA to 741741
- **Crisis Hotline:** text 211
- **Crisis Warmline:** 410-768-5522
- **Chaplain Services:** 1-855-6289-311, then press “0”

To find your local Fleet and Family Support Center:

https://ffr.cnic.navy.mil/Portals/76/Family_Readiness/Documents/FFSC%20Directory%202025.pdf?ver=c54TqZ-vNcbrBVnm69oD0w%3d%3d