

4 STEPS FOR GROUNDING IN THE PRESENT



If you are having a panic attack and your mind has gone back to a scary, overwhelming or terrible event, remind yourself where you really are and get grounded by answering the following questions and helping yourself to come back to present

@theconcussioncrew

Name the day of the week

It is Monday

01

Name the month and date

It is February 28

02

Name the year

It is 2024

03

Name where you are

I am in my office

04

Reassure yourself

I am safe.

It is 2024 and I am in a safe space.

05