



Grounding Techniques

After a seizure, or during times of anxiety, it's common to feel overwhelmed, disoriented, or unsettled. Grounding techniques can help bring calm and gently reconnect your mind and body.



Alberta
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Grounding with the 5-4-3-2-1 Technique:



After a seizure or in moments of anxiety, it can help to gently bring your attention back to the present. The 5-4-3-2-1 technique uses your senses to ground you:

- 👁️ 5 things you can see.
- 👋 4 things you can feel.
- 👂 3 things you can hear.
- 👃 2 things you can smell.
- 👅 1 thing you can taste.

Alphabet game:

Pick a category (animals, foods, colors) and go through the alphabet naming items.



Start at A ("A – apple"), then move to B ("B – banana"), and keep going.

If you get stuck, skip the letter and circle back later.

This works because it's simple, structured, and distracting, giving your brain a safe place to focus while your body calms.

Box Breathing:

A grounding technique to calm your body and mind:



Here's how it works:

- ➡ Inhale for 4
- ➡ Hold for 4
- ➡ Exhale for 6
- ➡ Repeat

It only takes a few breaths to feel more centered.

Grounding your feet:

Connecting with your body can help you feel safe and steady.

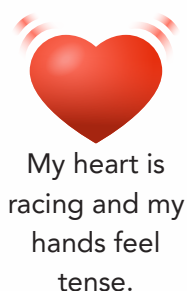


- 👣 Sit or stand with both feet flat on the ground.
- 👣 Gently press your feet into the floor.
- 👣 Wiggle your toes and notice the sensations.
- 👣 Pay attention to the support beneath you.
- 👣 Take a few slow breaths and imagine roots growing from your feet into the earth, holding you steady.

Name It to Tame It:

When your thoughts start to race or you feel overwhelmed after a seizure or during anxiety, try this simple trick:

1. Name what you're feeling. → 2. Describe what's happening. → 3. Breathe and remind yourself:



“Picture This” Visualization:

Use your imagination to calm your mind and body.



- Close your eyes and take a slow breath.
- Imagine a place where you feel safe, happy or peaceful.
- Picture yourself there in detail: What do you see, hear, smell or feel?
- Stay in this safe space for a few breaths then slowly open your eyes.

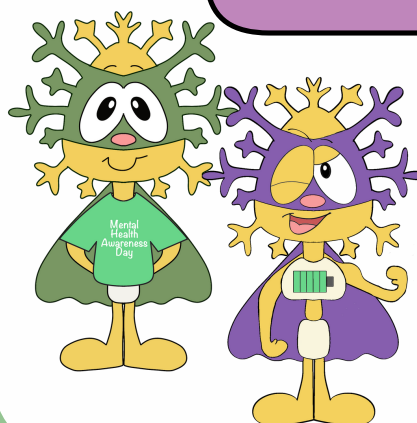


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