CHECKLIST

Outdoor grounding checklist for moments of high anxiety

- [ ] Find a safe outdoor space where you can stand or sit without being disturbed.
- [ ] Name five things you can see, four you can touch, three you can hear, two you can smell and one you can taste.
- [ ] Take your shoes off and stand on grass or soil until the cold becomes uncomfortable, then stop.
- [ ] Place both palms flat against a tree and feel the texture of the bark for as long as your breathing takes to slow.
- [ ] Pick up a small object and hold your attention on it, noticing its weight, texture and temperature.
- [ ] Walk at a pace that lets you breathe in for four steps and out for four steps, keeping the rhythm steady.
- [ ] If grounding does not calm the anxiety after several attempts, contact GamCare or BeGambleAware for support.