

Strategy #15: Cognitive-Awareness Grounding Strategy

When you are feeling stress, your thoughts may be rapid and scattered. Perhaps your mind is jumping from one thing to another or replaying an event/conversation over and over again. The Cognitive-Awareness Grounding Strategy will bring your focus to the present moment as you ask yourself neutral questions and answer them.

Practice for one round. If you find your mind jumping back to the stressful thoughts, repeat the practice as needed.

How to practice this strategy

Ask yourself and answer the following questions (out loud, if possible):

- What day of the week is it?
- What month is it?
- What year is it?
- What is the date?
- What season is it?
- What street am I on?
- What color cars can I see?
- What is the name of the city I am in?
- What is the name of the country I am in?
- What is the name of the building I am in?
- What floor am I on?

You can ask yourself any questions about the facts of your current experience so that you can ground yourself in the present moment.

If you stop and your mind wanders back to stressful thoughts, return to the process of questioning your present experience.

Begin this practice as soon as you notice your stress warning signs.