

B E M E T

— FREE GUIDE

# A short grounding guide for when anxiety spikes

Three small things to try when the fear surges –  
to help you find your footing and come back to the room.

*you have more time than the fear tells you*

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Written for adults. Suitable for older teens with parental support.

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# When anxiety spikes

When anxiety spikes, it can feel as though everything narrows at once. Your attention pulls inward, your body asks to be watched and checked, and the fear insists that something has to be done right now. That feeling is real – and it is also temporary.

Anxiety moves in waves. It rises, it peaks, and – even when it doesn't feel possible – it falls again. Grounding doesn't argue with the fear or try to talk you out of it. It simply gives your attention somewhere steadier to rest while the wave passes.

This guide offers three short exercises. There's no right order and nothing you have to get right. Read through them while you're calm so they feel familiar, then come back to whichever one helps when you need it.

## **A note on this guide**

This guide uses plain, accurate language about anxiety and emetophobia. What it doesn't contain is graphic detail, or anything designed to expose you to feared material. You're in control of what you engage with, and at what pace.

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# Three things to try

Each one takes a minute or two. You don't need all three – one is enough.

## 1 Anchor to the room

When fear pulls your attention inward, this gently turns it back outward – toward the room you're actually in.

- Look for five things you can see, and name each one to yourself.
- Notice four things you can hear, near and far.
- Find three things you can touch, and feel their texture.
- Name two things you can smell, or two smells you like.
- Name one slow thing you can do next.

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If you lose track, simply start again. The point isn't to finish – it's to be here.

## 2 Lengthen the out-breath

When anxiety surges, the breath tends to get quick and shallow. Slowing the out-breath tells your nervous system it's safe to settle.

- Breathe in gently through your nose for a count of four.
- Let the breath out slowly, for a count of six or seven.
- Don't force it – a longer out-breath than in-breath is all that matters.
- Repeat for five or six rounds, or until the edge begins to soften.

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If counting feels like too much, just make each out-breath a little longer than the one before.

### 3 Find your feet

Sometimes the steadiest thing you can do is come back into your body through what's solid and unremarkable.

- Feel both feet flat on the floor, and the weight of you in the chair or on the ground.
- Press your feet down a little, and notice the floor pressing back.
- Hold something cool or textured – a glass of water, a key, the edge of a table.
- Say where you are, out loud or in your head: the place, the day, the time.

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Nothing here has to change how you feel. You're just reminding yourself where you are.

## Afterwards

When the wave has passed, be gentle with yourself. Riding out a spike of anxiety takes real effort, even when it looks like nothing from the outside. You don't have to analyse what happened, or brace for the next one. A glass of water, a slower pace, an ordinary task – that's enough.

### **You don't have to manage this alone**

Grounding can help in the moment, but it isn't the whole of recovery. BEmet offers specialist resources for emetophobia – written to inform, never to trigger – that you can return to whenever you're ready.

For 1:1 therapeutic support, Caroline Cowley Counselling works with UK clients aged 16 and over.

[carolinecowley.uk](http://carolinecowley.uk)

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