



Grounding Techniques

Simple ways to come back to your body when your mind takes off

Grounding isn't about making the feeling disappear. It's about giving your nervous system enough evidence that you're here, right now, and that you're safe enough to keep going. Try one. If it doesn't land, try another. There's no wrong way to do this.

5-4-3-2-1: Come back through your senses

- 5 things you can see. Say them out loud if you can.
- 4 things you can feel. The chair, your feet, the fabric of your sleeve.
- 3 things you can hear. Let the far-away sounds count too.
- 2 things you can smell. Or two smells you love.
- 1 thing you can taste. Or one thing you're glad exists.

Slow the exhale

Breathe in for 4. Hold for 4. Out for 6 or 8. The long exhale is the part that tells your body the emergency is over. Do it five times before you decide whether it worked.

Temperature and pressure

- Cold water on your wrists or the back of your neck.
- Hold an ice cube until it's uncomfortable, then let it go.
- Press your feet flat into the floor and push, like you're moving the room.
- Weighted blanket, tight hug, or hands squeezed together for ten seconds.

Orient to the room

Slowly turn your head and name where you are, the date, and one thing in the room that wasn't there during the hard thing you're remembering. This is especially useful when the past is louder than the present.

Name it to tame it

Instead of "I am anxious," try "I'm noticing anxiety in my chest." You are the person having the feeling, not the feeling itself. That small language shift creates real distance.





You are allowed to take up space in your own life.



Which one worked? Write it on a sticky note and put it where future-you will find it. Grounding works best when you don't have to think about it.

My go-to when things get loud

The technique that actually helps me:

Where I'll keep this reminder:

