

Grounding Techniques Guide

What Is Grounding?

Grounding helps calm your mind and body when emotions or stress feel overwhelming. Use these techniques anytime you need a reset.

1. Sensory Grounding (5–4–3–2–1 Method)

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

2. Physical Grounding

- Press your feet firmly into the floor
- Hold something cold or textured
- Stretch your hands, arms, or shoulders
- Place a hand on your chest and breathe slowly

3. Breath Grounding

Try: Inhale 4 seconds → Hold 2 → Exhale 6 seconds. Repeat 5–6 times.

4. Mental Grounding

- Count backward from 100
- Name objects around you
- Identify: “I am safe. I am here.”

5. Emotional Grounding

- Hand over heart + slow breaths
- Say: “This is hard, but I’m doing my best.”
- Visualize a safe place

6. Anchor Statements

- “I am safe in this moment.”
- “This feeling will pass.”
- “I can handle this one breath at a time.”

Reflection Prompt

What am I feeling right now?

What do I need in this moment?

What small step can I take next?