

# Grounding Techniques Worksheet

A self-reflection tool for practicing present-moment calming skills



**Educational Use Only:** This worksheet is for general education and personal reflection. It is not therapy, mental health treatment, diagnosis, or individualized professional advice. If you are experiencing a mental health crisis or feel unsafe, call 988 or go to the nearest emergency room.

## 1 When grounding may be helpful:



- Feeling overwhelmed
- Racing thoughts
- Trouble focusing
- Feeling disconnected
- Feeling panicky
- Muscle tension
- Strong emotions
- Other: \_\_\_\_\_



Example: Grounding may help when I feel overwhelmed and my thoughts start moving too fast.

## 2 5-4-3-2-1 sensory grounding

Use your senses to gently bring your attention back to the present moment.



- 5 things I can see: \_\_\_\_\_
- 4 things I can feel: \_\_\_\_\_
- 3 things I can hear: \_\_\_\_\_
- 2 things I can smell: \_\_\_\_\_
- 1 thing I can taste: \_\_\_\_\_



## 3 A simple breathing reset

Try a slow breathing pattern:

- Breathe in for 4
- Hold for 4
- Breathe out for 4
- Pause for 4



Repeat a few times at a pace that feels comfortable.



Example: I can slow my breathing and count gently in my mind.

## 4 Grounding ideas I can try



- Name 5 things I see
- Hold a cold drink
- Press my feet into the floor
- Stretch my arms and shoulders
- Take slow breaths
- Step outside for fresh air
- Hold a comforting object
- Other: \_\_\_\_\_



Example: I can plant my feet on the floor and name a few things I see around me.

## 5 A calming reminder I can use:

Example: I am here right now, and I can take this one step at a time.



## 6 My grounding plan for today:

Example: If I start to feel overwhelmed, I can pause, take slow breaths, and use the 5-4-3-2-1 exercise.



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