

You are  
safe.  
You are here.  
You belong.

# GROUNDING TECHNIQUES

Come Back to the Here and Now

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Today I feel: \_\_\_\_\_

When we feel overwhelmed or disconnected, our brain might try to protect us by shutting down or sending us somewhere else (dissociation). Grounding techniques help us come back to the present moment by using our senses and what is around us. These tools can help you feel safe, calm, and in control again.

## WHY GROUNDING HELPS

- Helps me feel safe in my body and in the present.
- Reduces anxiety, stress, and overwhelming feelings.
- Brings my attention back from "over there" to "right here."
- Helps my brain and body reset and calm down.

## 5-4-3-2-1 TECHNIQUE

Use your senses to notice what is around you.

- 5  things I can SEE \_\_\_\_\_
- 4  things I can TOUCH \_\_\_\_\_
- 3  things I can HEAR \_\_\_\_\_
- 2  things I can SMELL \_\_\_\_\_
- 1  thing I can TASTE \_\_\_\_\_

I can  
come back  
anytime.

## WHEN CAN I USE GROUNDING?

I can use these techniques  
when I feel:

- Overwhelmed
- Scared
- Angry
- Sad
- Numb or disconnected
- Like I'm not real
- Like I'm "far away"

Anytime I need to  
come back to me.

## OTHER GROUNDING IDEAS

- Hold something cold (ice, water bottle)
- Press your feet firmly into the ground
- Name the colors you see
- Count backward from 10
- Listen to a song you love
- Focus on your breathing
- Notice the wind or sun on your skin
- Look for small details (patterns, shapes, textures)
- Use a calming word or mantra (e.g., "I am safe. I am here.")

## MY SAFE PLACE

Visualize a place where  
you feel safe and calm.  
Draw it here.

## GROUNDING SCRIPT: TAKE A MOMENT RIGHT NOW

-  Look around. What do you SEE? \_\_\_\_\_
-  Feel your body. What can you TOUCH? \_\_\_\_\_
-  Listen. What can you HEAR? \_\_\_\_\_
-  Take a breath. What can you SMELL? \_\_\_\_\_
-  Taste. What can you TASTE? \_\_\_\_\_
-  Take one more breath. You are here. You are safe.

My favorite  
grounding  
technique is:

I choose  
to come back  
to the present  
moment.

It's okay to need help. Ask your safe person to help you come back to the here and now.