

GROUNDING TECHNIQUES

When you feel overwhelmed, come back to the here and now.

5-4-3-2-1 SENSORY

Use your 5 senses to bring you into the present.

- 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 



DEEP BREATHING 4-7-8

Calm your mind and relax your body.

- 4 BREATHE IN through your nose for 4 seconds.
 - 7 HOLD your breath for 7 seconds.
 - 8 BREATHE OUT through your mouth for 8 seconds.
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PHYSICAL GROUNDING

Use your body to feel safe and steady.

-  Feel your feet on the ground.
-  Press your hands together.
-  Tense your muscles then relax.
-  Stretch your body.



MENTAL GROUNDING

Focus your mind to stay present.

-  Name 5 things you see in the room.
-  Count backwards from 100 by 7's.
-  Recite the alphabet or a song.
-  Describe an object in detail.



SOOTHING SELF-TALK

Be kind to yourself. Your words matter.

- I am safe right now.
- I am doing the best I can.
- I am allowed to take up space.
- This feeling will pass.
- I can handle hard things.

EXTRA TIPS

Find what works for you!

- ★ Use these techniques anytime, anywhere.
- ★ Practice when you're calm so they're easier to use when you're stressed.
- ★ It's okay to try more than one!



You are not your thoughts. You are safe. You are enough. You've got this.