

PTSD Grounding Toolkit

Quick, practical tools to bring your mind and body back to safety when flashbacks, nightmares, or overwhelming anxiety strike.

1. 5-4-3-2-1 Senses

- **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

Tip: Say them out loud to anchor yourself in the present.

2. Breath Anchors

- Inhale for 4, hold for 2, exhale for 6.
- Place one hand on your chest, one on your stomach. Feel the rise and fall.
- Whisper a calming phrase: "I am safe now."

Tip: A longer exhale helps the nervous system shift into calm mode.

3. Safe Place Visualisation

- Close your eyes. Imagine a place where you feel safe (real or imagined).
- Notice details: colours, textures, smells, sounds.
- Picture yourself there. Stay as long as you need.

Tip: Pair this with slow breathing to reinforce calm.

Quick Script

"I am noticing this memory, but it is not happening now. I am here, in this moment. I am safe enough."