

Grounding Techniques Checklist

1. 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. Deep Breathing:

- Inhale 4s, Hold 4s, Exhale 4s, Hold 4s (Box Breathing)
- Diaphragmatic breathing: Breathe deep into your belly

3. Movement / Exercise:

- 10 jumping jacks or gentle stretching
- Walk around your room or step outside

4. Cold Water Splash:

- Rinse your face or wrists with cold water

5. Emotion Labeling:

- Say or write "I'm feeling ____"

6. Holding Textured Objects:

- Stress ball, rough rock, soft cloth

7. Proprioceptive Input:

- Push hands together or hug a pillow

8. Safe Visualization:

- Imagine a calm place like a beach or forest

9. Body Scan:

- Notice sensations from toes to head slowly

10. Affirmations:

- Say kind things like "I am safe. I can handle this."

11. Music Grounding:

- Listen to a calming playlist

12. Color Focus:

- Name everything around you that's green, for example