

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:

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

3. Proprioceptive Input:

- Push against a wall
- Do 10 slow squats or stretches
- Use a weighted blanket or wrap

4. Emotion Labeling:

- Name it to tame it: "I'm feeling anxious/frustrated/etc."
- Write it down or say it aloud

5. Quick Grounding Tips:

- Hold a textured object or ice cube
- Walk barefoot on grass/carpet
- Splash cold water on your face