



10 grounding exercises

Choose the kind of grounding that feels easiest to access. You do not need to use all ten.

1 5-4-3-2-1

Notice 5 things you see, 4 you can touch, 3 you hear, 2 you smell and 1 you taste.

2 Texture check

Choose one object and notice its temperature, weight, edges and texture.

3 Sound map

Name three sounds close to you, then three sounds farther away.

4 Present facts

Say the date, where you are, and three things you know to be true right now.

5 Know vs assume

Make two columns: what I know / what I am assuming.



Small physical cues can help bring attention back to the present.

6

Feet on floor

Notice pressure, temperature and the points where your feet meet the ground.

7

Palms together

Press your palms together gently and notice pressure and warmth.

8

Unclench

Check your jaw, shoulders and hands. Let one area soften if it wants to.

9

Chair support

Notice where the chair, sofa or bed is supporting your body.

10

One small stretch

Roll your shoulders, move your hands or stretch only as far as feels comfortable.



MAKE IT YOURS

Which grounding ideas felt easiest?

You can build a tiny plan for the next time you feel overloaded.

The exercise I want to remember:

A place where I can use it:

A person I can contact if I need connection:

Grounding is not about forcing yourself to feel calm.

It can simply be a way to notice where you are and what is here with you.