



Grounding Techniques

Coming Back to the Present

Grounding techniques are simple strategies that help bring your attention back to the present moment when thoughts, emotions, or physical sensations begin to feel overwhelming. Rather than trying to make uncomfortable feelings disappear, grounding gives your mind and body something concrete to focus on while you move through the moment. You might use grounding when you're feeling anxious, overwhelmed, emotionally flooded, disconnected, stuck in racing thoughts, or simply in need of a pause.

THREE WAYS TO GROUND



SENSORY

Connect with what you can notice through your senses.

What can I see?
What can I hear?
What can I feel?
What can I smell?



MENTAL

Give your mind something neutral and concrete to focus on.

Name objects around you.
Count or use categories.
Describe where you are.



PHYSICAL

Reconnect with your body and the physical space around you.

Press your feet into the floor.
Stretch or move.
Notice your breathing.

GROUNDING MAY BE HELPFUL WHEN YOU NOTICE:

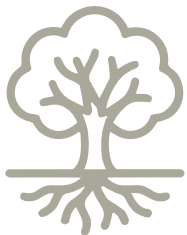
- Racing or spiraling thoughts
- Anxiety or increasing distress
- Feeling emotionally overwhelmed
- Difficulty concentrating
- Feeling disconnected or "checked out"
- Strong physical tension
- A need to pause and reorient yourself



A Helpful Reminder

Grounding isn't about forcing yourself to feel calm.

The goal is to gently reconnect with the present moment. Sometimes even a small shift in your attention, awareness, or distress can be meaningful.



Your Grounding Toolkit

Try what works for you

Grounding can look different depending on what you need in the moment. Try one technique at a time and notice what helps you feel more present, connected, or steady.



5-4-3-2-1 Senses

Pause & notice:

- 5 things you can see
- 4 things you can feel/touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Feet on the Floor

Place both feet on the floor.

Notice the pressure beneath your feet and where your body meets the chair or floor.

"I am here, in this moment."



Describe Your Surroundings

Choose an object and notice its:

Color, Shape, Size, Texture, Pattern, Position

Then choose another object and repeat.

You can also describe the room with as much detail as possible.



Use Temperature

Try holding a warm or cool drink, washing your hands, using a cool washcloth, or noticing the temperature of the air.

Focus on what you feel.



Categories & Counting

Name items in a category

Count backward from 100

Find 5 objects of one color

Walk through a familiar place in your mind and describe it



Orient to the Present

Repeat to yourself:

My name is:

Today is:

I am currently:

Right now, I notice:

"I am here, right now."

TRY IT & CHECK-IN

SUDS Before: ____ /10

SUDS After: ____ /10

I Tried: _____

I noticed: _____

A small shift still counts. Your distress doesn't have to reach zero for grounding to be helpful.



My Grounding Plan

Learn what helps you come back to the present

Grounding works differently for everyone. Use this page to notice what tells you that you may need grounding and identify the strategies that work best for you.



**IN MY BODY,
I NOTICE:**



**IN MY THOUGHTS,
I NOTICE:**

**GROUNDING STRATEGIES
I WANT TO TRY**

- ☐ 5-4-3-2-1 senses
- ☐ Feet on the floor
- ☐ Describe my surroundings
- ☐ Temperature
- ☐ Categories or counting
- ☐ Orient to the present
- ☐ Other: _____



**IN MY EMOTIONS,
I NOTICE:**



I MAY FEEL LIKE:

WHAT GROUNDS ME?

◆ **THINGS I CAN SEE OR FOCUS ON:**

◆ **SENSATIONS THAT HELP ME FEEL PRESENT:**

◆ **WORDS OR REMINDERS THAT HELP:**

MY GO-TO GROUNDING PLAN

When I notice my distress increasing, I can...

PAUSE & NOTICE

My SUDS level: ____ /10

CHOOSE

A grounding strategy I can try:

CHECK-IN AGAIN

My SUDS level afterward: ____ /10



*A Helpful
Reminder*

Grounding is a practice, not a test. A strategy that helps one day may not feel as helpful another day. Notice what works for you and give yourself permission to try something else when you need it.