

5-MINUTE Grounding Techniques

You are safe
You are here
You are enough



1 5-4-3-2-1 SENSES CHECK-IN

NAME 5 THINGS YOU SEE, 4 THINGS YOU FEEL, 3 THINGS YOU HEAR, 2 THINGS YOU SMELL, AND 1 THING YOU TASTE.

2 FOCUS ON YOUR BREATH

INHALE FOR 4 COUNTS, HOLD FOR 4, EXHALE FOR 6. REPEAT FOR A FEW MINUTES.

3 5 THINGS YOU CAN TOUCH

NOTICE 5 THINGS AROUND YOU & THEIR TEXTURES. FOCUS ON HOW THEY FEEL AGAINST YOUR SKIN.

TRY THIS:

KEEP A SMALL GROUNDING OBJECT WITH YOU - LIKE A SMOOTH STONE, WORRY RING, OR TEXTURED KEYCHAIN. USE IT AS A REMINDER TO PAUSE AND COME BACK TO NOW.

4 COLD WATER RESET

SPLASH COLD WATER ON YOUR FACE OR HOLD A COLD OBJECT. THE TEMPERATURE HELPS SHIFT YOUR NERVOUS SYSTEM.

5

VISUALIZE A SAFE SPACE

CLOSE YOUR EYES AND IMAGINE A PLACE WHERE YOU FEEL CALM, SAFE, AND AT PEACE.