



# Grounding Toolkit

Quick ways to return attention to the present when stress, anxiety, or overwhelm starts to take over.

## Aim for one notch more present, not perfectly calm.

Pick one tool and try it for about 60 seconds. If a tool makes you feel worse, pause and choose something simpler, like noticing your feet or naming what is around you.

### NOTICE

#### 5-4-3-2-1 senses

Use your senses to gently interrupt the mental loop.

- Name 5 things you see.
- Name 4 things you feel and 3 things you hear.
- Name 2 smells and 1 taste.

### BODY

#### Feet and exhale

Let your body know where it is before you try to think your way through it.

- Press both feet into the floor.
- Drop your shoulders and unclench your jaw if you can.
- Exhale longer than you inhale. Repeat: I am here.

### ANCHOR

#### Object in hand

A steady object can help attention move from the spiral back into the room.

- Hold a pen, stone, key, or cup.
- Describe its weight, texture, edges, and temperature.
- Name today's date and where you are.

### CHOOSE

#### Name the next step

Grounding works best when it ends with one small, safe action.

- Say: I am noticing...
- Name one feeling, sensation, or urge.
- Pick one safe step: water, text, outside, or rest.

## Build a small grounding kit

- ⊕ **Something textured** stone, fabric, coin, or bracelet.
- ⊕ **Something sensory** mint, gum, lotion, or warm tea.
- ⊕ **A reminder card** one sentence that helps you reorient.

## Good times to use this

- Before or after a hard conversation.
- When anxiety feels loud or fast.
- When you feel disconnected or far away.
- After therapy, before driving, or before sleep.

**Important:** Grounding tools can support regulation, but they are not crisis care. If this is an emergency or you may not be safe, call 911 or 988.