

GROUNDING TOOLS

Quick ways to feel calmer, safer, and more present.

Use these anytime you feel stressed, overwhelmed, panicky, or disconnected.

5-4-3-2-1 Senses Reset

Look for:

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



Cold Water Reset

(Fast + Powerful)

Try one:

- 👁️ Splash cold water on your face
- 🧊 Hold an ice cube for 20-30 seconds
- 🥤 Sip a cold drink slowly

Reminder: *"My body is resetting."*



Box Breathing (Simple + Steady)

Breathe in 4
Hold 4
Breathe out 4
Hold 4

Repeat 4 - rounds

Mini mantra: *"In... and out...
I've got this."*



Name 3 Safe Things

Say out loud (or in your head):

- "Right now I am safe."
- "I am here."
- "This moment will pass."

Then name:

- ✓ 3 safe places
- ✓ 3 safe people
- ✓ 3 safe comforts



Ground Through Your Feet

Press your feet into the floor.
Slowly push down like you're leaving footprints.

- ✓ Press... hold... release
- ✓ Repeat 5 times
- ✓ Notice the floor supporting you



Say What's Real

(Reality Check)

Finish these sentences:

- ✓ "My name is _____."
- ✓ "Today is _____."
- ✓ "I am in _____."
- ✓ "I can see _____."
- ✓ "I am doing my best."



You don't have to feel okay right now. You just have to take one small step

MY GROUNDING PLAN

When I feel overwhelmed, I can...

- | | |
|--|---|
| <input type="checkbox"/> Take 3 deep breaths | <input type="checkbox"/> Name 3 safe things |
| <input type="checkbox"/> Ground through my feet | <input type="checkbox"/> Do a box breathing exercise |
| <input type="checkbox"/> Use a cold water reset | <input type="checkbox"/> Try some gentle movement |
| <input type="checkbox"/> Use aromatherapy scents | <input type="checkbox"/> List 5 things I can see |
| <input type="checkbox"/> Go to my safe space | <input type="checkbox"/> Splash cold water on my face |
| <input type="checkbox"/> Hold a comfort item | <input type="checkbox"/> Connect with someone safe |
| <input type="checkbox"/> Or: _____ | |



Signs I'm Overwhelmed:



Favourite Calm Tools:



What Helps My Body Feel Safe:



Comfort Spot + Items:



What Helps My Body Feel Safe:



Who I Can Reach Out To:



Gentle Reminder to Myself:
