

Grounding Skills

Brief exercises for reconnecting with the present moment when stress feels intense or overwhelming.

Orient to the present

Say: My name is _____. Today is _____. I am in _____. Right now I am safe enough to pause.

5-4-3-2-1 sensory grounding

- ☐ 5 things I can see
- ☐ 4 things I can feel
- ☐ 3 things I can hear
- ☐ 2 things I can smell
- ☐ 1 thing I can taste or appreciate

Paced breathing

Breathe in gently for a count of 4. Breathe out slowly for a count of 6. Repeat for several rounds without forcing the breath. If this increases discomfort, stop and choose another grounding method.

My personal grounding plan

People, places, objects, or activities that help me feel steadier:

If you may harm yourself or someone else, call 911 or go to the nearest emergency department. In the United States, call or text 988 for crisis support. This website and its contact form are not monitored for emergencies.