

Pause and notice

Grounding is not about forcing feelings away. It helps your nervous system notice that you are here, now. Start by rating how overwhelmed or disconnected you feel from 0-10.

Right now I notice in my body...

The feeling or thought taking up most space is...

One sign that I may need grounding is...

Choose one grounding route

SENSES: Name 5 things you see, 4 you feel, 3 you hear, 2 you smell and 1 you taste.

BODY: Press both feet into the floor for 10 seconds. Release. Repeat three times.

PLACE: Say your name, today's date, where you are and what you will do next.

My most helpful route today is...

After trying it, my rating is now ___ /10.

Build my toolkit

Things I can hold or touch...

Sounds, words or music that settle me...

Scents or tastes that feel safe...

People or places that help me reconnect...

My reminder: "I do not have to feel completely calm. I only need to find my next steady moment."
