

GROUNDING TECHNIQUES

A practical activity workbook for anxiety, panic and overwhelm

Grounding is about reconnecting with what is happening around you now. You do not have to complete every activity. Pick one that feels manageable. Skip anything that increases discomfort and return to something simpler.

LOOK AROUND

Slowly find 5 things you can see. Notice shape, colour, light and detail.

FEEL YOUR FEET

Press both feet into the floor. Notice pressure, temperature and support.

TOUCH & DESCRIBE

Hold an object. Is it smooth, rough, heavy, cool, soft or firm?

NAME WHAT'S HERE

Name where you are, today's date, and one thing you are doing right now.

TEMPERATURE RESET

Notice cool air, a cool cloth, or comfortable warmth. Keep it gentle.

SLOW THE EXHALE

Let the out-breath be easy and a little longer than the in-breath. Do not force it.

Quick reminder: The aim is not to make every anxious thought disappear. It is to give your attention somewhere concrete and help you find your footing in the present.

1. THE FIVE-FIND CHALLENGE

Use your eyes to bring your attention out of the worry loop.

Without rushing, scan the room. Try to find each item. You can write the object, draw it, or simply tick the box when you spot something.

Something BLUE

What did you find? _____

Something ROUND

What did you find? _____

Something with WORDS

What did you find? _____

Something SMALL

What did you find? _____

Something that REFLECTS LIGHT

What did you find? _____

Something SOFT

What did you find? _____

Something with a PATTERN

What did you find? _____

Something you had NOT NOTICED before

What did you find? _____

Now choose one object. Look at it for 20 seconds. What tiny detail can you notice that you missed at first?

2. SENSE DETECTIVE

You do not need to use every sense. Choose the ones that feel comfortable.

SEE - 5 things 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	FEEL - 4 things 1. _____ 2. _____ 3. _____ 4. _____
HEAR - 3 sounds 1. _____ 2. _____ 3. _____	SMELL - 2 things 1. _____ 2. _____ TASTE - 1 thing, if comfortable 1. _____

Which sense helped you feel most connected to the room?

If sensory input is uncomfortable or overwhelming, adapt this activity. Looking at one neutral object or feeling the support of the chair may be enough.

3. FEET, PRESSURE & SUPPORT

A body-based activity without asking you to 'relax'.

Sit or stand somewhere steady. Notice the places where your body is supported. You are not trying to change how you feel - only noticing contact and pressure.

STEP 1 - FEET

Press your feet gently into the floor for a few seconds. Release. Repeat if comfortable.

STEP 2 - CHAIR OR SURFACE

Notice where the chair, bed, wall or floor meets your body. Name three points of contact.

STEP 3 - HAND PRESS

Press your palms together, or press one hand into a stable surface. Notice pressure and release.

Circle what you notice: pressure warmth coolness firmness softness movement stillness

Finish this sentence: Right now, my body is supported by...

4. TOUCH & DESCRIBE

Turn an ordinary object into a grounding task.

Choose a safe object nearby - keys, fabric, a pen, phone case, cushion, jewellery, or another everyday item. Explore it as if you had to describe it to someone who could not see it.

Texture	smooth / rough / soft / ridged / other
Temperature	cool / warm / neutral / changing
Weight	light / medium / heavy
Shape	edges / curves / corners / irregular
Colour	one colour / several / light / dark
Tiny detail	What is the smallest detail you can find?

Describe your object in one sentence:

5. COLOUR HUNT

Give your brain a simple visual mission.

Pick one colour that feels neutral or pleasant today. Search your surroundings for that colour. The goal is not to find the 'right' colour - it is to focus your attention on a manageable task.

MY COLOUR TODAY

I FOUND IT ON...

LIGHTEST SHADE

DARKEST SHADE

MOST INTERESTING DETAIL

ONE MORE THING I NOTICE

Optional: draw a small patch, pattern or shape using your chosen colour.

6. BACK TO RIGHT NOW

A quick orientation card for moments when thoughts are racing.

Where am I?	_____
What day is it?	_____
Roughly what time is it?	_____
What am I doing right now?	_____
Who is nearby / who could I contact?	_____
What is one ordinary thing I can see?	_____
What is one thing supporting my body?	_____

ONE SENTENCE TO ORIENT MYSELF

Try: "I am here, in this place, doing this one thing. I can deal with the next moment rather than the whole day at once."

7. BUILD YOUR OWN GROUNDING MENU

Grounding works better when you know which options suit you.

When I need something VISUAL	
When I need MOVEMENT or PRESSURE	
When I need something to TOUCH	
When I need a SIMPLE TASK	
When I need QUIET	
When I need another PERSON	
Something I do NOT find helpful	

My three quickest grounding choices:

1.

2.

3.

8. AFTER THE WAVE

A short check-in - not a test.

When the intensity has eased even slightly, notice what happened. You do not need to analyse everything. This page can help you learn which grounding tools are worth keeping.

Before grounding, my anxiety/panic felt: 0 1 2 3 4 5 6 7 8 9 10

After grounding, it feels: 0 1 2 3 4 5 6 7 8 9 10

WHAT I TRIED

WHAT HELPED - EVEN A LITTLE

WHAT I WOULD CHANGE NEXT TIME

A message to myself for next time:

Grounding is one coping option, not a substitute for professional or emergency support. If you are in immediate danger or need urgent medical help, use the appropriate emergency service for where you are.