What Grounding Means to Me

Grounding is personal. There is no single right way to feel more settled.

When might grounding support be useful?

- [ ] When my surroundings feel too much
- [ ] When I feel disconnected
- [ ] When plans suddenly change
- [ ] When I feel anxious
- [ ] When I need a familiar activity
- [ ] Something else

What feeling more settled means to me

Comfort, predictability, connection or something different.

Something that already helps

Even a small or occasional support counts.

Sensory Grounding

Choose what feels comfortable; some sensory techniques can be overwhelming.

Sensory experiences I might like

- [ ] Quiet or reduced sound
- [ ] Music or familiar sounds
- [ ] A favourite texture
- [ ] Firm pressure, if comfortable
- [ ] Soft or predictable lighting
- [ ] A familiar object
- [ ] A preferred scent
- [ ] None of these

My preferred sensory options

What could I reach for easily?

Sensations I would avoid

My dislikes matter just as much.

Movement, Stillness & Comfort

You can choose movement, rest, both or neither.

Movement I might enjoy

- [ ] Walking or pacing
- [ ] Stretching gently
- [ ] Rocking or swaying
- [ ] Fidgeting or stimming

Rest that might suit me

- [ ] Sitting somewhere quiet
- [ ] A supported position
- [ ] Reducing physical demands
- [ ] Having space to myself

What my body feels comfortable doing

I do not have to force stillness or movement.

Body-focused approaches I prefer not to use

Breathing exercises or internal body awareness may not suit everyone.

Familiarity, Routine & Connection

Predictability, interests and trusted people can offer reassurance.

Familiar activities

An interest, routine or repeated action.

Comforting objects or places

Somewhere or something familiar.

How I prefer to connect

Quiet company, a message, practical help or no interaction.

What I need when I want space

How could others respect my boundaries?

Grounding in Different Situations

The best option may depend on where I am and what is available.

At home

What can I keep nearby or make easier to access?

Out and about

What is discreet, portable or low-effort?

At work, study or appointments

What adjustments or support might I need?

My Personal Grounding Toolkit

A flexible reference to revisit whenever my needs change.

My easiest option

Something I can try with very little preparation.

A sensory or movement option

Only if it feels comfortable.

A familiar or social option

Connection or time alone are both valid.

If nothing seems to help

I can reduce demands, rest, seek support or try again later.