

# Grounding Practices Toolkit

A clear, calming set of practices for anxious moments, emotional overload, and hard-to-settle days.

## When to use this guide

Grounding is helpful when the mind is racing, the body feels activated, or emotions begin to feel bigger than the moment in front of you.

The purpose of grounding is not to erase what you feel. It is to help your system find enough steadiness that you can think, breathe, and respond with more choice.

## Five grounding tools to try

- **5-4-3-2-1 sensory reset.** Name five things you see, four you feel, three you hear, two you smell, and one you taste.
- **Lengthened exhale breathing.** Inhale for four, exhale for six, and repeat for one to three minutes.
- **Temperature shift.** Hold a cool glass, wash your hands in warm water, or step briefly into fresh air.
- **Feet on the floor.** Press both feet down and notice the support underneath you.
- **Object focus.** Hold one small object and describe it in detail to bring attention back to the present.

## A two-minute reset routine

Pause. Unclench your jaw. Drop your shoulders. Lengthen the exhale. Let your eyes land on three stable things in the room. Remind yourself: I am here, I am safe enough for this moment, and I can take the next step slowly.

## If grounding feels hard

- Choose the simplest practice rather than the most perfect one.
- Return to one trusted sensation: feet, breath, or contact with a chair.
- If symptoms feel unmanageable, reach toward support rather than staying alone with the experience.

Use these guides as gentle support between sessions. They are not a substitute for emergency or crisis care.