



A-Z Grounding Techniques

Small ways to reconnect with yourself, your surroundings, and the present moment.

TFEC

- A**cknowledge: Name what you are feeling without judging it.
- B**reathe: Take slow, steady breaths.
- C**onnect: Notice someone or something that helps you feel supported.
- D**escribe: Describe what you can see around you.
- E**ngage: Focus your attention on one activity.
- F**eel: Notice the sensations in your body.
- G**round: Press your feet firmly into the floor.
- H**ear: Identify the sounds around you.
- I**dentify: Name five things you can see.
- J**ournal: Write down what you’re experiencing.
- K**indness: Offer yourself a compassionate statement.
- L**ook: Slowly observe your surroundings.
- M**ove: Stretch, walk, or gently move your body.
- N**otice: Pay attention to your senses.

Reflection

Which grounding techniques worked best for me?

When I feel overwhelmed, I can try:

- 1.
- 2.
- 3.

Grounding doesn't make difficult feelings disappear. It can help me feel more present and better able to cope with them.

