



A-Z Grounding Techniques

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

Orient: Remind yourself where you are and that you are safe in the present moment.

Pause: Stop and take a moment before reacting.

Question: Ask yourself, "What do I need right now?"

Relax: Release tension from your shoulders, jaw, and hands

Senses: Use the 5-4-3-2-1 sensory grounding exercise

Touch: Hold or touch a familiar, comforting object.

Unclench: Relax your hands, jaw, and shoulders

Visualize: Picture a calming or safe place

Water: Take a slow sip of water and notice the sensations.

X - eXhale: Make your exhale slightly longer than your inhale.

You: Remind yourself, "I am here, in this moment."

Zero In: Focus completely on one thing you can see, hear, or feel.

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.