

# GROUNDING TECHNIQUES YOU CAN DO IN 5 MINUTES OR LESS

This worksheet aims to help with anxiety, stress, or dissociation.

## 5-4-3-2-1 SENSES CHECK IN

Name **5** things you can see

**4** things you can touch

**3** things you can hear

**2** things you can smell

**1** thing you can taste

## DEEP BREATHING

- Inhale for **4** seconds
- Hold for **7** seconds
- Exhale slowly for **8** seconds
- Repeat **3-5** times
- Focus only on the breath

## MINDFUL OBSERVATION

- Choose **one object** near you
- Notice its **color, shape, size, and texture**
- Stay focused on that object for **one full minute**

## GROUNDED MOVEMENT

- **Stretch** slowly
- **Press** your feet into the floor
- **Wiggle** your fingers and toes
- **Feel** the weight of your body in the chair or ground

## SELF-SOOTHING WORDS

Repeat a phrase like:

**"I am safe right now"**

**"This will pass"**

**"I am in control of my breath"**

Say it gently a few times and let the tone be kind

