

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

