

Grounding Techniques Menu

A Collection of Calming Practices for Relaxation and Centering

Relax and find your center with these calming practices:

Quick Bites (Fast Grounding Techniques)

5-4-3-2-1 Senses Exercise

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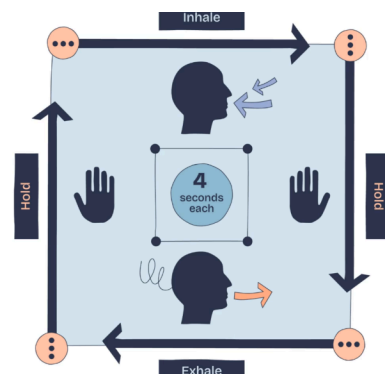
Notes:



Deep Breathing

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds

Repeat the cycle as long as you need to.



Main Courses (Longer Grounding Practices)

- **Body Scan**
 - Slowly bring attention to each part of your body from head to toe
- **Progressive Muscle Relaxation**

- Tense and then relax each muscle group

- **Mindful Walking**

- Walk slowly, focusing on each step and the sensations it brings
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Comfort Snacks (Emotional Soothing)

- **Hold a Comforting Object**

- Choose something soft or meaningful

- **Listen to Calming Music**

- Choose music that soothes your soul

- **Positive Affirmations**

- Repeat affirmations that bring peace and strength

“I am safe right now.”

“I am here in this moment.”

“This feeling will pass.”

“I am in control of my breath.”

“I can handle this, one step at a time.”

YOURS: _____

Refreshing Drinks (Mental Reset)

- **Drink Water Slowly and Mindfully**

- Focus on the sensation of each sip

- **Splash Cold Water on Face**

- Revitalize your senses with a refreshing splash

- **Focus on Breath for 1 Minute**
 - Bring awareness solely to your natural breathing

My Go-To Grounding Techniques

Try each one and choose what works for you:

You are safe. This moment will pass.