

# Grounding Techniques: A Pocket Card

Six simple, evidence-informed ways to come back to the present when you feel overwhelmed or anxious. Print and keep.

When you feel overwhelmed, grounding brings your attention back to the present. These are calming skills, not treatment. Try one for a minute and notice what shifts.

## 5-4-3-2-1 senses

Name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, and 1 you can taste. Go slowly.

## Box breathing

Breathe in for 4, hold for 4, out for 4, hold for 4. Repeat for a minute. The steady, even rhythm settles the body.

## The physiological sigh

Take two breaths in through the nose, then one long, slow breath out through the mouth. A long exhale calms you fast.

## Orient to the room

Slowly look around. Say where you are, the day, and that you are safe in this moment. This tells the brain the alarm is a false one.

## Name it to tame it

Put words to the feeling: 'this is anxiety.' Naming an emotion softens its grip.

## Feet and hands

Press your feet into the floor and your hands together or onto a firm surface. Notice the pressure and the temperature.

If distress is severe or you are thinking about harming yourself, this card is not enough. Call or text 988 in the US, call 911, or go to the nearest emergency room.

**Learn more:** [Grounding at shrinkdaily.com/concept/grounding](https://shrinkdaily.com/concept/grounding)