

Emergency Grounding Techniques



5-4-3-2-1 Sensory Grounding

- 5: Name 5 things you can see around you
- 4: Name 4 things you can touch
- 3: Name 3 things you can hear
- 2: Name 2 things you can smell
- 1: Name 1 thing you can taste

Deep Breathing Exercise

- Inhale slowly through your nose for 4 seconds
- Hold the breath for 4 seconds
- Exhale through your mouth for 6 seconds
- Repeat until you feel calmer

Mindful Counting

- Count backward from 100 by 3s (100, 97, 94, etc.)
- Focus fully on the numbers to shift your mind away from distressing thoughts

Cold Water Technique

- Splash cold water on your face or hold an ice cube in your hand
- Focus on the cold sensation as a way to disrupt racing thought

Name Details of Your Surroundings

- Look around and describe where you are—name colors, objects, and shapes
- Ground yourself by focusing on your environment and your place within it

Hold a Grounding Object

- Grab a small object (like a stone or stress ball)
- Focus on its texture, temperature, and weight in your hand
- Describe it aloud or in your mind to anchor yourself

Tense and Release

- Tense a specific muscle group (e.g., your fists or shoulders) for 5 seconds
- Slowly release the tension while exhaling
- Repeat with different muscle groups to release physical stress

Feet on the Floor

- Place both feet flat on the floor
- Press them into the ground and feel the support beneath you
- Remind yourself that you are safe and in control