

Grounding Techniques Worksheet

A practical tool for managing anxiety, panic, and emotional overwhelm

What I'm feeling right now

5-4-3-2-1 Grounding Exercise

- 1 5 things I can see
- 2 4 things I can feel
- 3 3 things I can hear
- 4 2 things I can smell
- 5 1 thing I can taste

Breathing Reset

Inhale 4s → Hold 4s → Exhale 6s (repeat 2-5 minutes)

Safe Place Visualization

What helps me feel grounded
