

5-4-3-2-1 Grounding Card

Cut out the card for your bag, desk, or bedside table. Go slowly and notice ordinary details.

5-4-3-2-1

Notice one sense at a time.

5

SEE
five things around you

4

FEEL
four physical sensations

3

HEAR
three sounds near or far

2

SMELL
two scents you notice

1

TASTE
one taste you notice or imagine

If a sense is not available, pause or repeat another.

Grounding Menu

Circle one option you could try now. Stop after one if you want.

Body

- ☐ Press both feet into the floor
- ☐ Drop your shoulders on a long exhale
- ☐ Stretch or shake out your hands
- ☐ Hold something cool or warm

Senses

- ☐ Name five things you can see
- ☐ Find one color in the room
- ☐ Listen for the nearest and farthest sound
- ☐ Notice the texture of one object

Space

- ☐ Say where you are and what day it is
- ☐ Name three objects that are not moving
- ☐ Move somewhere quieter, dimmer, or less busy
- ☐ Describe one ordinary object in detail

Connection

- ☐ Text someone a simple hello
- ☐ Sit near a trusted person or pet
- ☐ Name what you need out loud
- ☐ Ask for company without explaining everything

WHICH OPTION HELPED? MARK IT ABOVE FOR NEXT TIME.

My Grounding Plan

Fill this out on a calm day so you have a plan ready for a harder one.

Signs I need grounding

Thoughts, body sensations, urges, or situations I notice first.

The first thing I will try

Choose one option from the grounding card or menu.

If that does not help, I will

Choose one backup option or move somewhere quieter.

Someone I can contact

Write their name and the exact message you can send.
