



100 Grounding Techniques

THE FIVE SENSES

- 1 5-4-3-2-1: see 5, touch 4, hear 3, smell 2, 1 affirmation
- 2 5x5x5: 5 things you can see, hear, and touch
- 3 Color a mandala
- 4 Count 5 items of the same color
- 5 Hold ice: focus on the sensation
- 6 Hold a frozen tangerine
- 7 Press your feet into the floor
- 8 Cold water on your wrists
- 9 Drink iced water slowly
- 10 Trace an object with your fingertip
- 11 Suck on a flavorful candy
- 12 Find 5 shades of one color in the room

BREATH

- 13 Box breath: in 4, hold 4, out 4, hold 4
- 14 Hand on chest, hand on belly; breathe low
- 15 Exhale twice as long as your inhale
- 16 Three slow breaths before responding
- 17 Cyclic sigh: double inhale, long exhale
- 18 Count breaths to 10; lose count, start over

THE BODY

- 19 Play with putty or model magic
- 20 Shake hands 30 seconds, then stillness
- 21 Roll shoulders back slowly, five times
- 22 Walk barefoot on a different surface
- 23 Walk on your tiptoes
- 24 Stretch your body
- 25 Brush your hair
- 26 Rub a worry stone
- 27 Grounding walk: use all your senses
- 28 Splash water on your face
- 29 Feel the chair beneath you; press into it
- 30 Clench fists 5 seconds, release fully
- 31 Ten slow neck rolls each direction
- 32 Take a shower or bath
- 33 Change your clothing
- 34 Paint your nails
- 35 15-minute grounding checks all day
- 36 Body lotion: notice texture and scent
- 37 Use essential oils
- 38 Brush your teeth

MIND AND NAMING

- 39 Say your name, age, and location aloud
- 40 Count backwards from 100 by 7s
- 41 Count anything: tiles, books, steps
- 42 Name 10 animals alphabetically
- 43 Recite something you know by heart
- 44 Spell your full name backwards
- 45 A color, animal, food, city per letter
- 46 Describe the room to someone unseeing

IMAGERY

- 47 Recall a safe place: step into it
- 48 Imagine roots from your feet to the earth
- 49 Put the overwhelm in a box; close the lid
- 50 See thoughts as clouds passing
- 51 Walk through a good memory in detail
- 52 A dial turning your distress down a notch
- 53 Watch a wave rise, crest, and dissolve

SELF-COMPASSION

- 54 Hand on heart: this is hard; I'm doing my best
- 55 What you'd tell a friend: say it to yourself
- 56 One thing you did well today, however small
- 57 Feelings are not facts; this will pass
- 58 Aloud: I am safe right now, in this moment
- 59 Name the feeling: just the word, no judgment
- 60 Think of someone who believes in you
- 61 Write one kind thing; read it back slowly

WITH YOUR HANDS

- 62 Read something aloud: anything nearby
- 63 Organize something small: a drawer, your bag
- 64 Draw something simple: a house, a tree
- 65 Follow a song's lyrics closely
- 66 Cook or bake something hands-on
- 67 Wash dishes, fold laundry, sweep
- 68 Clean a room
- 69 Clean the house

- 70 Make a collage
- 71 Blow bubbles
- 72 Tear paper
- 73 Light a candle; watch it for 2 minutes
- 74 A puzzle or word game for 5 minutes

CONNECTION

- 75 Call a friend
- 76 Text one person; ask how they are
- 77 Reread a message from someone who cares
- 78 A photo that holds a good memory
- 79 Write a short note of appreciation
- 80 Bring a beloved animal to mind
- 81 Name something you're looking forward to
- 82 Recall a moment of genuine connection
- 83 A brief letter to your past or future self

VALUES AND MEANING

- 84 Name 3 things that matter most
- 85 Who do I want to be right now?
- 86 One action today aligned with your values
- 87 What did surviving hard things show you?
- 88 An overlooked thing you're grateful for
- 89 What does getting through this make possible?
- 90 One sentence on what you're working toward
- 91 One genuinely good thing in your life now

ENVIRONMENT

- 92 Open a window; feel the air
- 93 Outside 5 minutes, without your phone
- 94 Change the lighting
- 95 Tidy one visible surface
- 96 Make tea; hold the cup with both hands
- 97 Sit somewhere different than usual
- 98 Put something beautiful in view
- 99 Reduce noise: a door, a screen
- 100 Notice the quality of light right now