ADULTS & TEENS | EDUCATIONAL GUIDE

# Grounding Techniques for Emotional Distress



## WHAT THIS IS

Grounding brings your attention to the present, where you are safe now. Practice when you are calm so the skills are ready when you need them.

## HOW TO USE IT

1. Rate your distress from 0 to 10.
2. Try a technique for 1 to 3 minutes.
3. Rate again and note what helped.

## EXAMPLE

"*Distress 8. I did cold water and feet on the floor. After: 5.*"

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

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.

### 2 Feet on the floor

Press your feet down. Notice the floor holding you.

### 3 Cool it down

Hold something cold or splash cool water on your face.

### 4 Orient to the room

Slowly look around. Name where you are and today's date.

### 5 Longer exhale

Breathe in for 4, out for 6 to 8. Repeat 5 times.

### 6 Hold an object

Choose a small item. Describe its texture, weight, and color.

### 7 Categories

Pick a category (animals, cities). Name as many as you can.

### 8 Butterfly hug

Cross arms over chest. Tap alternate hands slowly.

## Practice log

| What I used | Distress before (0-10) | Distress after (0-10) | What I noticed |
|---|---|---|---|
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**My top 3 grounding tools:**

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**Go at your own pace.** Skip anything that feels like too much, and stop any time. Trauma education and self-help materials are not a substitute for individualized trauma-informed care.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.