

GROUNDING & SENSORY COPING SKILLS

1 FIVE-SENSES GROUNDING



2 HOLD A TEXTURED OBJECT

Rub a piece of fabric, a smooth stone, a stress ball, or another safe object and focus on its texture.

BEST FOR: anxiety, distraction, sensory grounding



3 NOTICE YOUR FEET

Press your feet gently into the floor and pay attention to the pressure beneath them.

BEST FOR: panic, dissociation, overwhelm



4 USE COOL WATER



Wash your hands or face with comfortably cool water and focus on the sensation.

BEST FOR: intense emotions, anger, feeling overwhelmed

5 DESCRIBE YOUR SURROUNDINGS



6 HOLD SOMETHING WARM

Wrap your hands around a warm, non-burning drink and focus on its temperature and weight.

BEST FOR: sadness, loneliness, nervousness



7 LISTEN FOR DISTANT SOUNDS

Sit still and identify the sounds farthest away from you, then gradually notice sounds closer by.

BEST FOR: rumination, anxiety



8 NOTICE FIVE PHYSICAL SENSATIONS

Identify sensations such as your clothes against your skin, the chair beneath you, or air moving across your face.

BEST FOR: overwhelm, disconnection



9 USE A CALMING SCENT

Smell a familiar, pleasant scent and concentrate on the details rather than letting your mind wander.

BEST FOR: stress, grounding



10 CHANGE YOUR SENSORY ENVIRONMENT

Move somewhere quieter, reduce harsh lighting, put on comfortable clothing, or remove an irritating sound.

BEST FOR: sensory overload, irritability, overwhelm

