



GROUNDING REFERENCE

100 Grounding Techniques

Practical strategies for returning to the present moment.

THE FIVE SENSES

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

BREATH

- 13 Box breath: 4 in, 4 hold, 4 out, 4 hold
- 14 Hand on chest, one on belly. Breathe low
- 15 Make your exhale twice as long as your inhale
- 16 Three slow breaths before responding
- 17 Cyclic sigh: double inhale, long slow exhale
- 18 Count breaths to 10. Start over if you lose count

THE BODY

- 19 Play with putty or model magic
- 20 Shake hands vigorously 30 sec, then stillness
- 21 Roll shoulders back slowly, five times
- 22 Walk barefoot on a different surface
- 23 Walk on your tip toes
- 24 Stretch your body
- 25 Brush your hair
- 26 Rub a worry stone
- 27 Take a grounding walk — access all your senses
- 28 Splash cold or warm water on your face
- 29 Feel the chair beneath you. Press into it

- 30 Clench fists 5 sec, release completely
- 31 Ten slow neck rolls each direction
- 32 Take a shower or bath
- 33 Change your clothing
- 34 Paint your nails
- 35 Do 15-minute grounding checks throughout the day
- 36 Rub on body lotion. Focus on texture and scent
- 37 Use essential oils
- 38 Brush your teeth

MIND AND NAMING

- 39 Review your name, age and location aloud
- 40 Count backwards from 100 by 7s
- 41 Count anything nearby: tiles, books, steps
- 42 Name 10 animals alphabetically
- 43 Recite something you know by heart
- 44 Spell your full name backwards, slowly
- 45 Name a color, animal, food, city per letter A-Z
- 46 Describe your surroundings as if to a blind person

IMAGERY

- 47 Recall a place you felt safe. Step into it mentally
- 48 Imagine roots from your feet deep into the earth
- 49 Place what overwhelms you in a box. Close it
- 50 See thoughts as clouds. Watch them pass
- 51 Walk through a good memory in full detail
- 52 Imagine a dial turning your distress down a notch
- 53 Watch a wave rise, crest and dissolve to calm

SELF - COMPASSION

- 54 Hand on heart: this is hard. I am doing my best
- 55 What would you say to a friend? Say it to yourself
- 56 Name one thing you did well today, however small
- 57 Feelings are not facts. This will pass
- 58 Say aloud: I am safe right now, in this moment



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- 59 Name what you feel. Just the word, no judgment
- 60 Think of someone who believes in you
- 61 Write one kind thing. Read it back slowly

DOING SOMETHING 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, your view
- 65 Listen to a song. Follow the lyrics closely
- 66 Cook or bake something that needs your hands
- 67 Physical task: 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 the flame for 2 minutes
- 74 Simple puzzle or word game for 5 minutes

CONNECTION

- 75 Call a friend
- 76 Text or call one person. Ask how they are
- 77 Read a message from someone who cares
- 78 Look at a photo that holds a good memory
- 79 Write a short note to someone you appreciate
- 80 Think of an animal you love. Bring it to mind
- 81 Name something small you are looking forward to
- 82 Recall a moment of genuine connection
- 83 Write a brief letter to your past or future self

VALUES AND MEANING

- 84 Name 3 things that matter most. Sit with each one

- 85 What kind of person do I want to be right now?
- 86 Name one action today aligned with your values
- 87 What did surviving something hard show you?
- 88 Name something you are grateful for that you overlook
- 89 What does getting through this moment make possible?
- 90 Write one sentence about what you are working toward
- 91 Name one genuinely good thing in your life right now

ENVIRONMENT

- 92 Open a window. Feel the air on your face
- 93 Step outside for 5 minutes without your phone
- 94 Change the lighting: brighter, dimmer, or natural
- 95 Tidy one visible surface. Notice the shift
- 96 Make tea or water. Hold the cup with both hands
- 97 Sit somewhere different than your usual spot
- 98 Place something beautiful where you can see it
- 99 Reduce noise: close a door, turn off a screen
- 100 Notice the quality of light in the room right now

A NOTE FROM THE PRACTICE

Grounding works through repetition. A technique used in a steady moment is one you can reach for under stress.

Isabel@sanctuaryridgetherapy.com · +1 203-244-8424