

EXERCISE: GROUNDING TOOLKIT

	Tick if this works for you	Tick if you want to try this
Read a note kept in your wallet or on your phone that reminds you of helpful messages or things to do; this could be a voice recording of yourself or someone who cares about you		
Smell a strong essential oil or perfume (you could add some drops to a fabric key ring that you keep with you)		
Hold popping candy in your mouth		
Suck a strong mint or sour sweet		
Have a sip of a fizzy drink, noticing the sensation of bubbles in your mouth		

Hold an icepack or use a cooling spray on your skin		
Listen to a playlist of music that holds your attention or expresses a message or emotion that makes you feel safe and connected		
Throw and catch a ball or soft object (e.g. bouncing a ball against the wall/floor)		
Squeeze a stress ball or soft object		
Focus on the heat of a warm drink		
Describe the things that are around you – name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste (although the numbers don't matter – it just helps you spot the sensory world around you)		
Focus on the sensation of your feet on the floor; describe every point of contact – take off your shoes and socks to intensify the sensation		
Focus on the sensation of breathing, following the breath from entry to the deepest part of the breath and out again		
Remind yourself of the time and place: name the building or area, the year, and state that you are safe, e.g. 'I am in, it is 20, I am safe'		

Describe a picture in detail, e.g. the objects, the colours; it could be a photo of a person you care about or a safe place/memory		
Use a fidget toy, focusing on the sensations of this		
Spend time with an animal, e.g. stroking a pet or watching the movements of a wild animal		
Move in a way that feels helpful – either intense exercise or gentle stretching		
Take a hot or cold shower		
Hold an object and explore all its features – its weight, texture, heat, appearance, smell, and any sounds or tastes; turn it over in your hand, noticing any small detail		
Splash cold water on your face or on your hands		
Suggest another grounding action that has helped in the past or that you would like to try (remember sensations and movement provide connection to the present world around you):		