



Grounding: 5 Ways to Come Back to the Present

When your thoughts are racing, emotions feel intense, or you feel disconnected from the present moment, grounding can help bring your attention back to what is happening here and now.



You do not need to use every technique.
Choose one that feels manageable.



1



Feel your feet on the ground

Place both feet flat on the floor.

Notice:

- the pressure beneath your feet
- the texture of the floor or your shoes
- the support of the ground beneath you



Gently remind yourself:
*"I am here,
in this moment."*

2



Notice 5 things around you

Slowly look around and name:

- 1 5 things you can see
- 2 4 things you can feel
- 3 3 things you can hear
- 4 2 things you can smell
- 5 1 thing you can taste

There is no need to rush. Let your attention move from one sense to the next.

3



Slow your breathing

Try breathing in gently, then allowing your breath out to be slightly longer.

Breathe in for 4



Breathe out for 6

Repeat a few times if it feels comfortable.

Do not force deep breaths. The aim is simply to slow things down.

4



Describe what is around you

Choose something nearby and describe it in simple detail.

For example:

*"The wall is white.
The room is quiet.
I can hear a fan.
I am sitting on a chair.
The table feels smooth."*

Focusing on ordinary details can help draw your attention away from overwhelming thoughts and back to your surroundings.



5



Use touch or temperature

Bring your attention to a physical sensation.

You might:

- hold a cool glass of water
- wash your hands with warm or cool water
- hold something textured
- wrap your hands around a warm drink
- notice the feeling of fabric against your skin

Focus on the sensation for a few moments.

If one technique does not help

That does not mean you are doing it wrong. Different grounding techniques work for different people and at different times.

Try another approach, keep it simple, and notice what helps you feel even slightly more present.



Keep this nearby.

You may want to save this resource somewhere easy to access for moments when thinking clearly feels difficult.

*Pause. Notice. Reconnect.
One moment at a time.*

