My Grounding & Resourcing Practice

We've all experienced times when our emotions feel overwhelming. Luckily, there are many ways we can intervene and find a sense of calm and grounding again. Below you'll find a variety of grounding skills and resources to help you do just that.

Use this worksheet to help you track the techniques that work for you and build your own toolbox. Keep it handy for whenever you need it.

Before You Begin

Take a moment to check in with yourself.

- How am I feeling right now (emotion words)?
- What do I notice in my body (sensations, tension, temperature, etc.)?
- What's my distress level right now?

0 (calm) 1 2 3 4 5 6 7 8 9 10 (overwhelmed)

Grounding Techniques

Try one or two of these to bring your attention back to the present. Check off or write what works best for you.

Tried It	Technique	Helpful?	Notes/What I Noticed
☐	Belly breathing	☐	
☐	Butterfly hug/tapping	☐	
☐	5-4-3-2-1 sensory exercise	☐	
☐	Finding objects of the same color	☐	
☐	Holding ice	☐	
☐	Holding something warm	☐	
☐	Tasting something strong (minty, spicy, sour, etc.)	☐	
☐	Using water (wash hands, take a bath/shower, go for a swim)	☐	
☐	Progressive muscle relaxation	☐	
☐	Practice self-compassion	☐	
☐	Cultural or spiritual connection	☐	

Activating the Vagus Nerve

These practices support your body's calming system. You can even practice them with a trusted other. Check off the ones that help you feel calm or connected.

- [ ] Humming/singing/chanting
- [ ] Gentle rocking
- [ ] Rubbing belly in a clockwise circle
- [ ] Moving body (nature walk, yoga, tai chi, etc.)
- [ ] Connecting with loved ones/pets
- [ ] Watching or reading something comforting
- [ ] Noticing "glimmers" (small moments of peace or joy like seeing a rainbow, the warmth of the sun, the softness of a blanket)

Resourcing Tools

Practice these visualization resources to create a sense of calm.

Tried It	Technique	Helpful?	Notes/What I Noticed
☐	Peaceful place	☐	_____
☐	Light stream	☐	_____
☐	Container	☐	_____

My Grounding Toolbox

A grounding toolbox is a physical collection of items you can use for comfort and soothing when overwhelmed. Here are some ideas for your toolbox, but you can add anything you want.

- [ ] Basket, box, or bag to store items
- [ ] Minty, spicy, sour candy
- [ ] Essential Oils (lavender, citrus, etc., sealed separately from any food items)
- [ ] Chamomile tea or fizzy drink
- [ ] Lotion with soothing scent and texture
- [ ] Noise cancelling headphones or earbuds

- [ ] Music or nature sounds
- [ ] Smooth stone or crystal
- [ ] Fidget toys, playdough, or silly putty
- [ ] Bubbles and bubble wand
- [ ] Scalp massager
- [ ] Weighted blanket
- [ ] Stuffed animal for snuggling and squeezing
- [ ] A heating pad, hand warmers, or instant cool pack
- [ ] Favorite book, coloring book & coloring pencils, puzzle, journal & pen
- [ ] Photos of people, pets, or places that evoke positive feelings
- [ ] Notes with positive affirmations or meaningful quotes
- [ ] Printed copy of this worksheet

After Practicing

Take a moment to check in with yourself.

- How am I feeling right now (emotion words)?
- What do I notice in my body (sensations, tension, temperature, etc.)? What's changed?
- Which tool(s) helped most?
- What's my distress level right now?

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0 (calm) 1 2 3 4 5 6 7 8 9 10 (overwhelmed)

A Gentle Reminder

These skills take practice. They might not work instantly, and that's okay. Every small step you take toward offering yourself this gentle care and calming your body and mind matters. The more you practice, the easier it becomes

If your emotions still feel unmanageable, reach out for help—you don't have to figure this out alone.
In the U.S., call 988 Suicide & Crisis Lifeline
Outside the U.S., visit findahelpline.com

Kindred Counseling Center
Individual, Relational & Sex Therapy