

Grounding Cards

5–4–3–2–1 Grounding

Look for 5 things you see
4 things you touch
3 things you hear
2 things you smell
1 thing you taste

Breathing Calm

Inhale for 4
Exhale for 6
Repeat for one minute

Soothing Statement

This feeling will pass
I am safe in this moment

Movement Reset

Stretch arms wide
Roll shoulders
Walk slowly for 1 minute

Emergency Phrase

Pause.
Breathe.
Call or text someone you trust.