

PTSD Grounding Tools

Grounding techniques help bring your body and mind back into the present when trauma symptoms spike.

Breathing Tools

- Box Breathing: Inhale 4, hold 4, exhale 4, hold 4.
- Long Exhale: Inhale 4, exhale 6–8.
- Hand on chest + belly: feel the rise and fall, anchor in rhythm.

Sensory Tools

- 5–4–3–2–1: 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.
- Carry a grounding object (smooth stone, fabric, coin).
- Run cold water over hands or hold a warm mug.

Movement Tools

- Press feet firmly into the ground, name three things around you.
- Stretch arms overhead, roll shoulders, shake out hands.
- Walk and count steps until focus steadies.

Thinking Tools

- Name the date, time, and location aloud.
- Repeat: 'I am safe right now.'
- Describe an object near you in detail (shape, colour, texture).

Connection Tools

- Text or call a safe person and share one feeling.
- Hold or stroke a pet; notice their warmth and breathing.
- Look at a photo that reminds you of safety and connection.

Tip: Practise grounding daily so it becomes easier to use during flashbacks or panic.