



Grounding & Regulation Toolkit

Calm Your Body

- Breathing Reset: Inhale 4 sec, hold 4 sec, exhale 6 sec (repeat 5x)
- Temperature Shift: hold ice, splash cold water, or step outside
- Muscle Release: tense and release muscles (fists, shoulders, jaw)

Ground Your Mind

- 5-4-3-2-1 senses exercise
- Orienting: Where am I? What day/time is it? Who am I with?
- Spot & Name: find 3 colors, name 3 objects, count backwards

Use Your Senses

- Notice textures, sounds, and smells around you
- Hold something soft or comforting
- Listen to calming music

Move It Out

- Stretch arms overhead
- Roll shoulders
- Press feet into the ground
- Do 10 jumping jacks

Kind Words to Yourself

- I am safe right now
- This will pass
- I can handle this

Tiny Actions

- Drink water
- Take a few slow steps
- Text someone safe
- Step outside for fresh air