



QUICK SKILL

Grounding & Reset

A brief reset for moments when you feel overwhelmed, activated, disconnected, or stuck.

The goal is not to force yourself to feel calm. The goal is to create a little more contact with the present so you have more choice about what happens next.

Try this in order

1

Orient to now

Look around slowly. Name where you are, the time of day, and three neutral things you can see.

2

Find support

Notice your feet on the floor, your back against the chair, or another place your body is being physically supported.

3

Use the senses

Try 5-4-3-2-1: 5 things you see, 4 you can feel, 3 you hear, 2 you smell, and 1 you taste.

4

Name what is here

Try: "I'm noticing anxiety / sadness / anger / pressure is here right now." Naming is different from arguing with the feeling.

5

Choose one next move

Ask: "What is one small action I can take in the next 5–10 minutes that would help me move toward what matters?"

If breathing feels helpful

Use a comfortable inhale and a slightly longer, unforced exhale for several rounds. If focusing on breathing increases distress, return to sight, sound, touch, movement, or another grounding anchor.

Use this as a flexible guide, not a rule. If a skill increases distress or does not fit your situation, stop and choose a different approach. Bring questions or observations to therapy.

This handout is educational and is not a substitute for individualized mental health care, medical care, or emergency services. If you are in immediate danger, call 911 or go to the nearest emergency department. In the U.S., call or text 988 for crisis support.