



# GROUNDING WORKSHEET

www.SocialWorkersToolbox.com

It's okay to take a pause.



Simple ways to slow things down when feelings become too much

## 1 WHAT IS HAPPENING RIGHT NOW?

What are you feeling?



- Anxious
- Overwhelmed
- Angry
- Calm
- Sad
- Other:

What is your body doing?



- Fast heartbeat
- Headache
- Tight chest
- Feeling restless
- Shaking
- Feeling frozen
- Crying
- Other:
- Racing thoughts

How strong is the feeling right now?

0-1-2-3-4-5-6-7-8-9-10

0 = calm 10 = extremely overwhelmed



## 2 FOCUS ON THE PRESENT MOMENT

Look around slowly and take your time.



5 things I can see:



4 things I can touch:



3 things I can hear:



2 things I can smell:



1 thing I can taste:

## 4 ONE HELPFUL REMINDER

Write one thing you need to hear right now.

Examples:

"I can get through the next few minutes."

"I don't need to fix everything today."

"This feeling will pass."

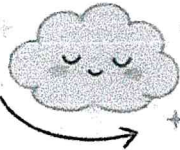


My reminder:



## 3 SLOW YOUR BREATHING

Try this breathing pattern:



- Breathe in slowly for 4 seconds
- Hold for 4 seconds
- Breathe out slowly for 6 seconds
- Repeat 5 times

After breathing, I notice:

- My body feels calmer
- I feel the same
- My thoughts slowed down
- I still feel overwhelmed
- I feel more focused

## 5 ONE SMALL THING I CAN DO NEXT



Drink water



Wash my face



Listen to music



Rest



Write things down

Other:



Go outside



Stretch or move



Message someone I trust



Eat something



## CHECK IN AGAIN

How strong is the feeling now?

0-1-2-3-4-5-6-7-8-9-10

What helped me most today?



## REMINDER

You don't need to feel completely better for this to help. Small steps still matter.

