

# GROUNDING SAMPLE GUIDE BASED ON STRESS LEVEL

**STEP 1:** IDENTIFY WHAT LEVEL OF STRESS/DISTRESS YOU ARE EXPERIENCING:



**STEP 2:** FIND THE RANGE YOU ARE WITHIN BELOW AND UTILIZE ONE OR MORE OF THE GROUNDING OPTIONS WITHIN, THEN RETURN TO STEP 1 AND REPEAT AS DESIRED. REMEMBER THAT DEPENDING ON YOUR CURRENT ENVIRONMENT AND DEMANDS, YOU MAY NOT MOVE DOWN TO 0. WE ALL LIVE WITHIN TOLERANT EXPERIENCES OF STRESS ACTIVATION, ANY SHIFT TOWARDS REGULATION, AS NEEDED, IS THE GOAL.

*\*\* NOTE: THESE ARE RECOMMENDATIONS WITHIN EACH RANGE. YOU MAY FIND SOME OPTIONS HELPFUL WITHIN OTHER RANGES. MAKE THIS YOUR OWN BY FILLING OUT THE NEXT PAGE WITH WHAT WORKS FOR YOU!*

GROUNDING OPTIONS BASED ON LEVELS 1-4	GROUNDING OPTIONS BASED ON LEVELS 5-7	GROUNDING OPTIONS BASED ON LEVELS 8-10
<p>Two breaths in and one out (notice any tension points in the body as your breathe out)</p> <p>Box or square breathing</p> <p>Journal about what is activating you</p> <p>Watch or listen to comedy</p> <p>Engage in a hobby</p> <p>Listen to bilateral stimulation music</p>	<p>5,4,3,2,1 exercise: 5 - see 4- touch 3- hear 2- smell 1- taste</p> <p>Take a walk</p> <p>Listen to bilateral stimulation music</p> <p>Connect with a safe person/friend</p>	<p>Vergence (visual orienting) - shift focus from your finger to what is beyond it. (Repeat as needed)</p> <p>Hold ice or a cold drink in your hands and focus on it</p> <p>Listen to a song that helps you release (matching your current energy and shifting downward with song choice)</p> <p>Do a workout or hit a speed bag</p>

# GROUNDING WORKSHEET BASED ON STRESS LEVEL

**STEP 1:** IDENTIFY WHAT LEVEL OF STRESS/DISTRESS YOU ARE EXPERIENCING:



**STEP 2:** FIND THE RANGE YOU ARE WITHIN BELOW AND UTILIZE ONE OR MORE OF THE GROUNDING OPTIONS WITHIN, THEN RETURN TO STEP 1 AND REPEAT AS DESIRED. REMEMBER THAT DEPENDING ON YOUR CURRENT ENVIRONMENT AND DEMANDS, YOU MAY NOT MOVE DOWN TO 0. WE ALL LIVE WITHIN TOLERANT EXPERIENCES OF STRESS ACTIVATION, ANY SHIFT TOWARDS REGULATION, AS NEEDED, IS THE GOAL.

*\*\* NOTE: USE THE GROUNDING OPTIONS DEVELOPED WITH YOUR THERAPIST OR ON THE 'GROUNDING LIST' TO FILL IN THE BLANKS BELOW AND CREATE A PROCESS THAT WORKS FOR YOU. THE PREVIOUSLY PROVIDED SAMPLE GUIDE CAN BE USED AS IS OR AS AN EXAMPLE.*

GROUNDING  
OPTIONS BASED  
ON 1-4

GROUNDING  
OPTIONS BASED  
ON 5-7

GROUNDING  
OPTIONS BASED  
ON 8-10

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# Grounding LIST

**Note: This is not an exhaustive list. Please add any options you know work for you or you have developed with your therapist.**

- Two breaths in and one out, making the exhale twice as long as the inhale (notice any tension points in the body as you breathe out)
- 5,4,3,2,1 exercise
- Box or square breathing - breathe in 4 seconds, hold 4 seconds, breathe out 4 seconds, hold 4 seconds. You can find videos on youtube for support.
- Journaling
- Watch/listen to comedy
- Engage in a hobby
- Listen to bilateral stimulation music
- Take a walk
- Connect with a safe person/friend
- Vergence (visual orienting) - shift focus from your finger to what is beyond it (Repeat as needed)
- Hold ice or a cold drink in your hands and focus on it
- Listen to a song that helps you release (matching your current energy and shifting downward with song choice)
- Do a workout or hit a speed bag
- Pendulate - Notice a place in your body that feels mild tension and then bring your attention to a place in your body that is relaxed, move your attention back and forth slowly until you notice a change in your sensation
- Place the back of your legs upward against a wall and lay your head back on the ground creating a 90 degree angle. Breathe in and out.