



GROUNDING TOOLKIT

Building a grounding toolkit can be a great resource when you're feeling disconnected, anxious, or having negative thoughts. It can be a physical collection of items, or a list of exercises that help you.



PHYSICAL

Three things that can help when I need to be grounded physically are:

- 1 _____
- 2 _____
- 3 _____

I like to use: Smell Taste Hearing Sight Touch



MENTAL

Three things that can help when I need to be grounded mentally are:

- 1 _____
- 2 _____
- 3 _____



SOOTHING

Three things that can help when I need to self-soothe are:

- 1 _____
- 2 _____
- 3 _____

Things I want to try:

Things that do not work:



BUILD YOUR OWN KIT

Sensory items are a great addition to your kit and can be useful for engaging all of your senses.

I can *touch*:
(ex. playdough)

I can *smell*:
(ex. essential oils)

I can *hear*:
(ex. my favorite song)

I can *see*:
(ex. photos of my pets)

I can *taste*:
(ex. cinnamon gum)

I can keep these in or at: Work School Backpack Purse _____

Ask yourself these questions and include the answers in your kit for moments of crisis.

What makes me feel safe? _____

What are kind things I can say to myself? _____

Who can I call if things get too hard? _____
