



Petal & Paper

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Grounding techniques reference card



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G R O U N D I N G T E C H N I Q U E S

come back to now

5-4-3-2-1 senses · Name 5 things you see, 4 you hear, 3 you can touch, 2 you smell, 1 you taste

Box breathing · In for 4, hold 4, out for 4, hold 4 — repeat (longer out-breath helps too)

Feel your feet · Press your feet into the floor — notice the support beneath you

Cold / texture · Hold something cold or textured — focus fully on the sensation

Name it · "Right now I am safe. This is anxiety. It will pass."

Move · Stand, stretch, walk — gentle movement discharges tension

Reach out · Tell someone, or call a helpline — you don't have to manage alone

T H E S E P A S S — G R O U N D Y O U R S E L F I N
T H E P R E S E N T , O N E S E N S E A T A T I M E

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