

A small reminder for overwhelming moments

Print at actual size. Cut along the dotted border, or keep the full page.

5-4-3-2-1

GROUNDING CARD

Choose details around you. Go at your own pace.

5

SEE

Notice five visible details: a shape, an edge, a shadow.

4

FEEL

Notice four comfortable points of contact or textures.

3

HEAR

Notice three sounds nearby or farther away.

2

SMELL

Notice two ordinary scents, if available and comfortable.

1

TASTE

Notice one taste already present, if comfortable.

You can skip a sense, repeat a detail, or stop. You do not have to finish.

My preferred alternative:

If an exercise increases distress, stop and seek support as needed.

General coping information, not medical advice or treatment. If you are in immediate danger or cannot keep yourself safe, contact local emergency services. Do not delay urgent care to complete an exercise.

Sequence reference: Oxford Health NHS Foundation Trust, "Ground yourself".
oxfordhealth.nhs.uk/camhs/self-care/sleep/relaxation/ground-yourself/

Original card layout by HealthyMindLab | October 30, 2026