

Grounding Worksheet

Name: _____ **Date:** _____

Use this worksheet to reconnect with your body and the present moment. Move through each step at your own pace.

Determine your current stress/anxiety level (1 as the lowest, 10 as the highest): _____

Body scan

First, settle in a comfortable position, either sitting or lying down. Use this worksheet to reconnect with your body and the present moment. Take three deep breaths before you begin.

Simply observe any sensations without trying to change them.

First, begin with your head and face. Notice any tension in your forehead. Be aware of your jaw. Is it tight or relaxed? Feel the weight of your head on your neck.

Then, move to your upper body. Scan your shoulders, noticing if they're raised or lowered. Observe your chest rising and falling with each breath. Feel your arms resting, notice their weight, and bring attention to your hands. Is there any tingling or temperature?

Now, focus on your core and lower body. Notice your stomach moving with your breath. Be aware of your lower back against the surface below. Feel the length of your legs.

Finally, bring attention to your feet touching the floor/surface.

Areas of tension

Areas of comfort

Now, take a moment to follow these instructions:

5 things you can see: Take a moment to look around you and list them down

4 things you can touch: Reach out and feel different textures

3 things you can hear: Pause and listen to the sounds around you

2 things you can smell: Notice the scents in your environment

1 thing you can taste: Focus on one taste or flavor

How do you feel now compared to when you started?

What are key things you are more aware of?

Keep this worksheet handy for moments when you need to reconnect with the present moment.