

GROUNDING GUIDE

Practical tools for bringing attention back to the present.



Steel Armor
Mindset
Your mind is the first
line of defense

WHAT GROUNDING IS

Grounding is a way to reconnect with the present when your nervous system is reacting as if danger is still happening. It can be useful during hypervigilance, racing thoughts, emotional shutdown, overwhelm or when it is hard to shift out of duty mode.

The goal is not to force yourself to calm down.

The goal is to give your brain and body enough present-moment information to recognize where you are and choose what to do next.

1. ORIENT TO WHERE YOU ARE

Slowly look around the space instead of keeping your eyes fixed in one place.

- Name where you are and what day it is.
- Notice three things that tell you the present moment is different from the stressful event or memory.
- Let your eyes land on something neutral or familiar.

2. USE PRESSURE AND CONTACT

Physical contact with a stable surface can give your nervous system clear sensory information.

- Press both feet into the floor for 5 to 10 seconds, then release.
- Notice the chair supporting your back and legs.
- Press your palms together or place one hand firmly on the opposite forearm.

3. NAME WHAT IS HERE

Use your senses to bring attention to what is actually happening around you.

- Name 5 things you can see.
- Name 4 things you can physically feel.
- Name 3 things you can hear.
- Name 2 things you can smell.
- Name 1 thing you can taste or one thing you are grateful is present.

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Choose what works. Skip what does not.



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4. REGULATE THROUGH MOVEMENT

Small, deliberate movement can help discharge some of the activation that builds under stress.

- Walk slowly and notice each foot making contact with the ground.
- Roll your shoulders, unclench your jaw and release your hands.
- Stretch or push gently against a wall for several seconds, then release.

5. USE A TACTICAL RESET

When you need something brief, use this four-step reset:

NOTICE

What is happening in my body right now?

ORIENT

Where am I, and what tells me I am here now?

GROUND

What can I feel, see or hear that is steady and present?

CHOOSE

What is the next useful action I can take?

WHEN GROUNDING IS NOT ENOUGH

Grounding is a practical skill, not a test of whether you are handling stress well enough. If symptoms are persistent, worsening or interfering with sleep, work, relationships or daily functioning, additional support may help.

ACCESS SUPPORT

Confidential counseling is available through LifeWise Counseling.

Serving Texas virtually and in person in select locations.

817 602 8520

lifewise@lifewisetx.com

Immediate support: Call or text 988. Veterans: call 988, then press 1. COPLINE: 1 800 267 5463.