

Grounding Worksheet Pdf

Observe

Pay close attention to the input you receive from all 5 senses: sight, sound, touch, smell, and taste.

Senses	Observe Start simply noticing your environment, thoughts, feelings, and sensations without reacting to them	Describe Now that you have observed, use <i>words</i> to practice describing your internal experience	Participate With practice, mindfulness will allow you to more fully participate in your own life & experiences
Hearing			
Vision			
Touch			
Taste			
Smell			

Self-soothing Activities

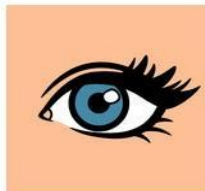
Engage in self-soothing activities like soothing your senses.



TASTE



HEARING



SIGHT



SMELL



TOUCH

Taste	Hearing	Sight	Smell	Touch

Body Scan:

- To begin meditating, sit comfortably, quietly, and close your eyes.
- Start by relaxing your muscles, first in your feet, calves, and thighs, and then by shrugging your shoulders and rolling your head and neck around.
- During that minute, thoughts will come and notice that those thoughts come simply and without any effort.
- Bring the focus back to your body.
- Notice the warmth and sensations in your body and give attention to the minute tingling sensations in your body.
- Close your eyes. Take a deep breath through your nose into your abdomen for five seconds (your chest should move just a bit).
- Notice this feeling; the objective is not to get relaxed instead shift your focus towards your body.

Senses:

The following technique will help you to connect with your senses and present.

Take 5 deep breaths.

Look around the room and name 4 things you can see right now.

Name 3 things you can touch right now.

Name 2 things you hear right now.

Name 1 thing you can smell right now.

References

[Najavits, L. \(2002\). Seeking safety: A treatment manual for PTSD and substance abuse. Guilford Publications.](#)

[Raypole, C. \(2022\). 30 Grounding Techniques to Quiet Distressing Thoughts. Retrieved 16 July 2023 from https://www.healthline.com/health/grounding-techniques](https://www.healthline.com/health/grounding-techniques)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.