




# GROUNDING

## Word Search



Ground yourself in the present. You are here. You are safe. 

Find the words below that support grounding, calm, and presence.

### WORD LIST

B R E A T H E K I N D N E S S  
P R E S E N T A W A R E N E S S  
N A T U R E C A L M B R E A T H  
S T I L L N E S S R A T I T U D  
H E R E N O W B O D Y S C A N  
F I V E T H I N G S L I S T E N  
S O L I D G R O U N D S E C U R E  
B E L I E V E R E L E A S E L E T G O  
A N C H O R P R E S E N C E R E S T  
G R A T E F U L J O U R N A L E A R T H  
S A F E S P A C E S E L F C A R E  
O B S E R V E A C C E P T T R U S T  
P A U S E F O C U S C E N T E R E D  
C O N N E C T I O N B A L A N C E  
M I N D F U L B E A C H P E A C E  
R E L A X S I M P L I C I T Y Q U I E T  
H A R M O N Y S T R E N G T H H O P E

-  BREATHE
-  PRESENT
-  AWARENESS
-  NATURE
-  CALM
-  STILLNESS
-  GRATITUDE
-  HERE NOW
-  BODY SCAN
-  FIVE THINGS
-  LISTEN
-  SOLID
-  GROUND
-  SECURE
-  BELIEVE
-  RELEASE
-  LET GO
-  ANCHOR
-  PRESENCE
-  REST
-  GRATEFUL
-  JOURNAL
-  EARTH
-  SAFE SPACE
-  SELF CARE
-  OBSERVE
-  ACCEPT
-  TRUST
-  PAUSE
-  FOCUS
-  CENTERED
-  CONNECTION
-  BALANCE
-  MINDFUL
-  PEACE
-  RELAX
-  SIMPLICITY
-  QUIET
-  HARMONY
-  STRENGTH
-  HOPE

### TRY THESE GROUNDING TECHNIQUES



5 THINGS YOU SEE

Look around you and name 5 things you see.



4 THINGS YOU FEEL

Notice 4 things you can touch or feel.



3 THINGS YOU HEAR

Listen for 3 sounds around you.



2 THINGS YOU SMELL

Notice 2 scents in the air.



1 THING YOU TASTE

Notice 1 taste or the taste in your mouth.



You don't have to control your thoughts. You just have to stop letting them control you.

