



Somatic Grounding Cheat Sheet

Five evidence-informed practices you can use anywhere, in under two minutes, when your nervous system needs support.

01 The 5-4-3-2-1

For when your mind is spiraling

- Notice 5 things you can SEE
 - Notice 4 things you can TOUCH
 - Notice 3 things you can HEAR — 2 you can SMELL — 1 you can TASTE
- Redirects attention from internal loops back to the present moment.*

02 Extended Exhale Breathing

For when your chest feels tight

- Inhale slowly through your nose for 4 counts
 - Exhale slowly through your mouth for 6 counts
 - Repeat 5 times
- Longer exhales support parasympathetic activation.*

03 Feet on the Floor

For when you feel disconnected from your body

- Press both feet firmly into the ground
 - Notice pressure, temperature, texture
 - Say silently: "I am here. I am safe in this moment."
- Rebuilds a sense of physical presence and safety.*

04 The Butterfly Hug

For when emotions feel overwhelming

- Cross your arms over your chest
 - Tap each shoulder slowly, alternating left-right
 - Continue for 60 seconds. Breathe naturally.
- Bilateral stimulation used in trauma-informed practice.*

05 Name to Tame

For when you cannot tell what you are feeling

- Say aloud: "Right now I am feeling ____."
 - Try 2 or 3 words. No judgment.
 - Notice if the intensity shifts even slightly.
- Labeling emotions can reduce their intensity.*

This is an educational resource, not a substitute for professional care.

If you're experiencing persistent distress, please consult a qualified professional.