

Self-Care

1. Take a warm shower or bath
2. Go for a short walk outside
3. Release tension by stretching after a warm shower
4. Light a scented candle or use essential oils
5. Create a calming playlist to listen to
6. Journal your thoughts or feelings
7. Call or text a supportive friend
8. Remind yourself to stay hydrated
9. Practice deep breathing
10. Watch a comfort TV show or movie
11. Read a chapter of a book
12. Water your plants
13. Make a cup of tea or coffee
14. Color or doodle
15. Organize a small space
16. Put on clean, comfy clothes
17. Hug someone or a pet
18. Do a random act of kindness
19. Try a new recipe
20. Sing or hum your favorite song
21. Write a gratitude list
22. Sit outside and notice nature
23. Do a face mask
24. Look through old photos or memories
25. Listen to a podcast you like
26. Watch the clouds or sunset
27. Do a simple mindfulness meditation
28. Cuddle with a pet or stuffed animal
29. Try a new hobby (e.g., knitting, origami)
30. Take a nap if you're tired
31. Do some light cleaning of relaxation space
32. Write down one of your favorite/inspirational quotes to stick onto your mirror
33. Write yourself a kind letter
34. Unplug from social media for a while
35. Apply lotion or massage your hands/feet
36. Watch a funny video

37. Plan a future fun activity
38. Sit in a cozy blanket and breathe
39. Name 3 things you accomplished today (no matter how small)
40. Draw your feelings with colors or shapes
41. Dance to a favorite upbeat song
42. Try a grounding or wellness app
43. Watch birds or nature from a window
44. Try a breathing exercise with a YouTube video
45. Say no to something that drains you
46. Sit in silence for 2 minutes
47. Think back to a funny memory with friends or family
48. Play a word game or sudoku
49. Visit a new part of town
50. Make a to-do list of pending tasks

Grounding

Physical Grounding (Body-Oriented):

1. 5-4-3-2-1 technique (Name: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste)
2. Hold an ice cube or splash cold water on your face
3. Engage in a progressive muscle relaxation exercise
4. Listen to a guided meditation
5. Run your hands under warm or cool water
6. Hold a textured object (rock, sponge, fidget toy)
7. Listen to the rhythm in your favorite song and tap along
8. Stretch or do light yoga
9. Engage in physical activity (walk, run, swim)
10. Squeeze a stress ball
11. Spend time in the presence of someone calm
12. Shake your hands vigorously
13. Do wall push-ups
14. Lie down on the floor and take up space
15. Use a weighted blanket

16. Chew gum or eat something crunchy
17. Trace an object's shape with your finger
18. Put your feet flat on the ground and feel the contact
19. Practice box breathing (inhale 4, hold 4, exhale 4, hold 4)
20. Rock in a chair or sway gently

Mental Grounding (Mind-Oriented):

21. Count backward from 100 by 7s
22. Name all the cities you can remember
23. Describe your surroundings in detail
24. Spell your full name backward
25. Recite a favorite poem or quote
26. Name your favorite movies in alphabetical order
27. Do a mental math problem
28. Name every animal you can think of
29. Say a tongue twister
30. Visualize a safe place or comforting memory

Emotional/Sensory Grounding:

31. Smell something familiar or pleasant (lavender, citrus)
32. Listen to calming or familiar sounds
33. Use aromatherapy or scented lotion
34. Wrap yourself in a soft blanket
35. Taste something sweet, sour, or spicy
36. Describe the details of one of your favorite photos
37. Play with kinetic sand or putty
38. Brush your hair slowly and gently
39. Hold something warm (mug, heating pad)
40. Use grounding affirmations ("I am safe," "This will pass")

Connection-Oriented:

41. Call or text someone safe
42. Repeat your name, where you are, and what day it is
43. Say something you're grateful for right now
44. Pet an animal mindfully
45. Say out loud something you can see, hear, and feel
46. Hold a meaningful object or charm
47. Write a grounding list (what helps you feel real/safe)
48. Watch a grounding video or guided audio

49. Talk to yourself gently and with compassion
50. Practice a loving-kindness meditation