

Anxiety Grounding Card

A simple printable grounding card for moments when thoughts feel busy, the body feels tense or anxiety starts to build.

Pause and orient

- Place both feet on the floor if that feels comfortable.
- Look around the room and name where you are, the date and one thing that is safe right now.
- Let your shoulders drop slightly and unclench your jaw if you notice tension.

5-4-3-2-1 grounding

5 things I can see 1. 2. 3. 4. 5.	4 things I can feel 1. 2. 3. 4.
3 things I can hear 1. 2. 3.	2 things I can smell 1. 2.
1 thing I can taste 1.	One steadying statement Example: This feeling is uncomfortable, but it can pass.

After grounding

Notice whether anything shifted, even slightly. A small change still counts.

What helped me feel even 1% steadier?

One thing I can do next is:

Important: These worksheets are for general education and self-reflection only. They do not replace advice from a qualified health professional. If you are in immediate danger call 000. For crisis support in Australia, contact Lifeline on 13 11 14.