Building a grounding toolkit can be a great resource when you’re feeling disconnected, anxious, or having negative thoughts. It can be a physical collection of items, or a list of exercises that help you.

### Physical

Three things that can help when I need to be grounded physically are:
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

I like to use: [ ] Smell  [ ] Taste  [ ] Hearing  [ ] Sight  [ ] Touch

### Mental

Three things that can help when I need to be grounded mentally are:
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

### Soothing

Three things that can help when I need to self-soothe are:
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

Things I want to try:

Things that do not work:

602-279-2900
info@acesdv.org
www.acesdv.org
BUILD YOUR OWN KIT

Sensory items are a great addition to your kit and can be useful for engaging all of your senses.

I can touch: (ex. playdough)
I can smell: (ex. essential oils)
I can hear: (ex. my favorite song)
I can see: (ex. photos of my pets)
I can taste: (ex. cinnamon gum)

I can keep these in or at: □ Work □ School □ Backpack □ Purse □ __________

Ask yourself these questions and include the answers in your kit for moments of crisis.

What makes me feel safe? __________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

What are kind things I can say to myself? _____________________________________________
________________________________________________________________________________
________________________________________________________________________________

Who can I call if things get too hard? ________________________________________________
________________________________________________________________________________
________________________________________________________________________________