

Grounding & Regulation Pocket Cards

Six simple practices to try when stress feels loud. Read each card, choose one that fits, and pause if an exercise makes you uncomfortable.

How to use these cards

Print single-sided, cut along the guide lines if desired, or keep the PDF on your phone. These exercises are invitations, not tests. For young children, use adult guidance.

TRY: name one small change in your body or attention.

For education and self-reflection only. Not a substitute for individualized mental health care. Adapt activities to your needs.

01 · Feel your feet

If comfortable, press both feet gently into the floor. Notice the surface holding you. Shift your weight a little and name three things you can feel where your body meets the chair or ground.

A small check-in

One sensation I noticed:

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02 • Look around

Turn your attention outward. Find three shapes, two colors, and one object you had not noticed before. You do not need to feel calm; simply reconnect with the room.

A small check-in

Something I can see right now:

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03 · Soften the exhale

Take a comfortable breath. Let your exhale be slightly slower than your inhale, without forcing or holding your breath. Repeat only while it feels easy.

A small check-in

What changed, if anything?

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04 · Unclench and reset

Notice your jaw, shoulders, hands, and brow. Loosen any area that is working harder than it needs to. If movement feels good, roll your shoulders gently.

A small check-in

Where can I soften a little?

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05 · Choose one next step

When your mind presents ten problems at once, ask: What truly needs attention next?
Write or say one small action. Let the other items wait for now.

A small check-in

My one next step:

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06 · Return to connection

Notice whether you would benefit from water, a change of surroundings, a short walk, or contacting a supportive person. Choose what feels appropriate and accessible.

A small check-in

One support I can choose:

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