

ACP Well-Being

Sensory Grounding Resources

When we are stressed or worried, we are usually thinking about something that happened in the past or might happen in the future. This takes us away from the here-and-now. [Sensory Grounding strategies](#) help a person who is overwhelmed by memories, strong emotions, or anxiety become aware of the here and now. By focusing on one of the five senses at a time, your awareness comes back to your physical body and helps you take control of what you choose to do next.



Tools such as textured stickers (touch), liquid timers (sight), lip balm (scent), mint/gum (taste), or headphones (hearing) allow you to focus on one sensory item at a time, which helps with grounding and focus.

STOP *Slow Down*
First, take 3 slow belly breaths

- 5 LIST 5 THINGS YOU CAN SEE
- 4 LIST 4 THINGS YOU CAN FEEL
- 3 LIST 3 THINGS YOU CAN HEAR
- 2 LIST 2 THINGS YOU CAN SMELL
- 1 LIST SOMETHING GREAT ABOUT YOU

Finished? Take another 3 slow belly breaths.

The graphic is a vertical poster with a light blue background and a green gradient at the bottom. It features a red octagonal stop sign with the word "STOP" in white. Below the stop sign, the words "Slow Down" are written in a large, blue, stylized font. Underneath that, the text "First, take 3 slow belly breaths" is written in a smaller, blue, italicized font. The main body of the poster contains a list of five numbered items, each in a blue circle. The items are: "5 LIST 5 THINGS YOU CAN SEE" (with an eye icon), "4 LIST 4 THINGS YOU CAN FEEL" (with a hand icon), "3 LIST 3 THINGS YOU CAN HEAR" (with a pair of headphones icon), "2 LIST 2 THINGS YOU CAN SMELL" (with a perfume bottle icon), and "1 LIST SOMETHING GREAT ABOUT YOU" (with a smiley face icon). At the bottom, the text "Finished? Take another 3 slow belly breaths." is written in a blue, italicized font. There are also some starburst graphics at the bottom.

ACP's Physician Well-being and Professional Fulfillment program has curated some additional resources on sensory grounding tools and activities such as:

[Coloring pages](#)

[Research on benefits of coloring](#)

[Emotional Support Video Series](#)

[Building Blocks of HOPE](#)

[Well-being Fun Zone Chapter Kit Ideas](#)

[Grounding & Breathing Exercises for Calming Your Nervous System](#)

[Trauma-Informed Care](#)

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