

5-4-3-2-1 Grounding Card

Print, cut along the dashed lines, keep one in your wallet. Use at the first sign of panic or overwhelm.

WHEN PANIC STARTS — DO THIS NOW

- 1. Breathe out slowly** — long exhale (count to 6). Repeat 5 times.
- 2. Name it:** “This is adrenaline. It is not dangerous. It peaks in minutes.”
- 3. 5-4-3-2-1:**
 - ☐ 5 things you can **see**
 - ☐ 4 things you can **feel** (feet, fabric, chair)
 - ☐ 3 things you can **hear**
 - ☐ 2 things you can **smell**
 - ☐ 1 thing you can **taste**
- 4. Unclench** jaw, shoulders, hands. Drop them.
- 5. Wait it out** — do not escape, do not check your pulse. Let the wave pass.

Not medical advice · anxietyresetkit.com · cut line ■■

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WORRY WINDOW — ONE LINE PARKING

Worry appears at 10:40 a.m.

What it is: _____

Return it to my window at: _____ : _____



After the window — what I actually did: _____

One line now beats an hour later. anxietyresetkit.com