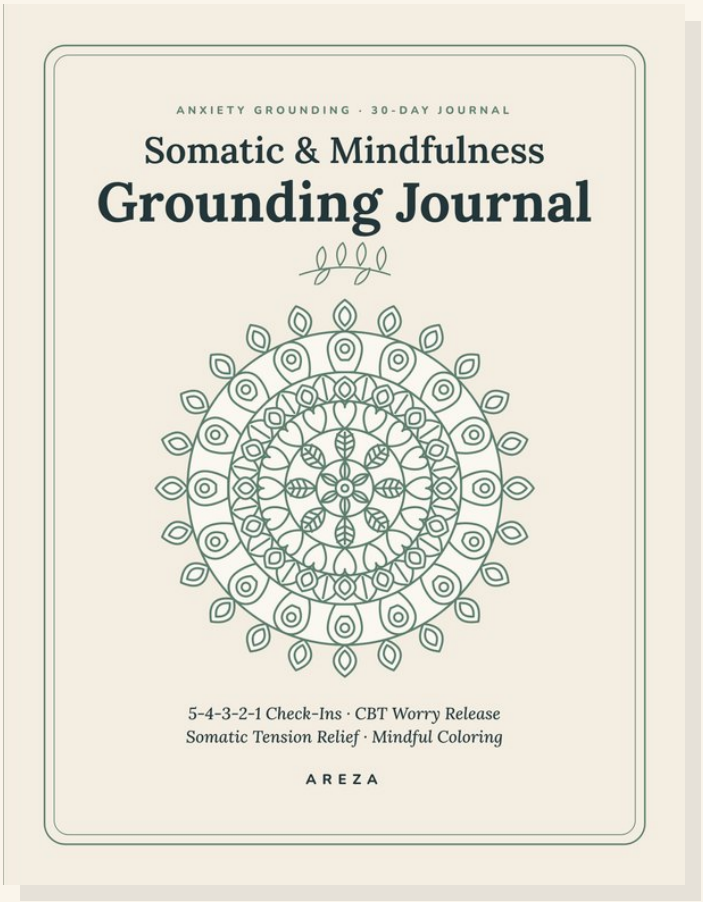

Somatic & Mindfulness Grounding Journal

A 30-day anxiety grounding journal · Adults

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: The 5-4-3-2-1 Check-In
- Page 3: Day 1: grounding page
- Page 4: Day 1: mandala

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GROUNDING TOOL

The 5-4-3-2-1 Sensory Check-In

When anxiety pulls your mind into the future, your senses can only ever report on the present. This simple count gently moves your attention out of racing thoughts and back into the room you're in.

5

See

Look around slowly. Name five things you can see: a color, a shape, a shadow, a small detail you'd usually miss.

4

Touch

Notice four things you can feel: your feet on the floor, the fabric on your skin, the weight of your hands.

3

Hear

Listen for three sounds: near, far, and the quietest one you can find.

2

Smell

Find two scents. If nothing stands out, smell your sleeve, a cup of tea or the air near a window.

1

Taste

Notice one taste, even if it's just your own mouth. Take a sip of water and feel it.

Go slowly. The goal isn't to finish; it's to notice.

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Date _____

Day 01

Anxiety right now (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

(1) 5-4-3-2-1 Sensory Check-In

Slowly notice, then name it.

(5) things I can see _____

(4) things I can touch or feel _____

(3) things I can hear _____

(2) things I can smell _____

(1) thing I can taste _____

(2) Brain Dump · Worry Box

Empty it all out. Messy is welcome.

Reframe: Is this thought a fact, or a feeling dressed up as a fact?

A kinder, more balanced thought: _____

(3) Physical Tension Release

Shoulder Drop. Lift your shoulders up to your ears and hold for 5 seconds. Let them fall with a long, audible sigh. Repeat 3 times.

Tension before (1) (2) (3) (4) (5) **after** (1) (2) (3) (4) (5)

I felt it most in my: _____

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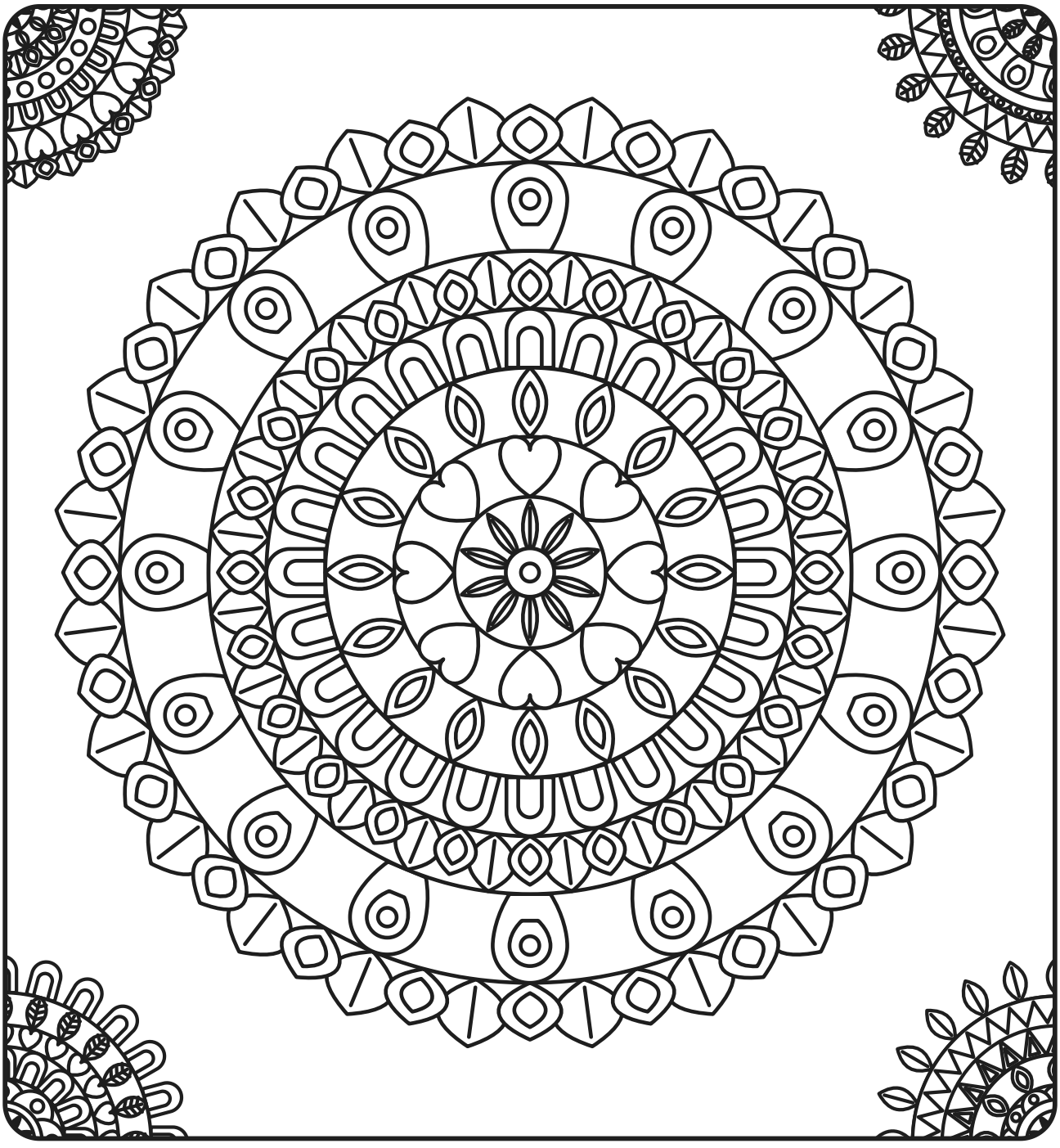
Lotus Breath



Breathe in as you color one section, breathe out as you move to the next.

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