

Crisis Card: Grounding Techniques on the Go

Carry this card (physical or digital) with you for quick calming support during panic moments



Breathe in for 4 seconds, hold for 4, out for 6.



Name 5 things you can see right now.



Place your hand on your heart. Whisper: 'I am safe.'



Wiggle your toes and feel your connection to the ground



Hold a small object (stone, keychain) and describe its texture.



Take 10 slow, mindful steps and count them aloud.

