FREE COPING SKILLS WORKSHEET

Grounding & Breathing

When stress or panic rises, bring yourself back to the present moment. Fill in the 5-4-3-2-1 lines and practice box breathing.

5 things I can see

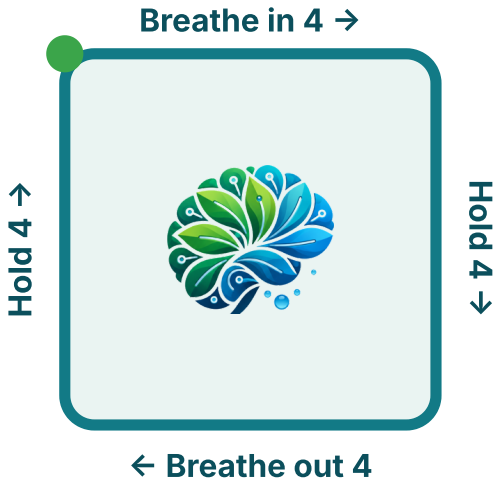
4 things I can touch

3 things I can hear

2 things I can smell

1 thing I can taste

Box breathing



4 × 4 × 4 × 4

How do I feel after practicing? _____

Credit: *5-4-3-2-1 is a widely used grounding technique (original author unknown). Box breathing is a common paced-breathing technique used in stress management. Worksheet adapted by Sede Counseling.*