

# Daily Self-Care Checklist

## Grounding Techniques for Stress Relief

1. 5-4-3-2-1 Technique - Name 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, 1 thing you taste.
2. Hold an Object - Focus on its texture, weight, and temperature.
3. Breathe Deeply - Inhale through your nose for 4 seconds, hold, then exhale through your mouth for 6 seconds.
4. Stretch Your Body - Move your arms, legs, and neck to relieve tension.
5. Describe Your Surroundings - Say out loud what's around you.
6. Run Cold Water Over Your Hands - Feel the temperature shift.
7. Listen to Your Favorite Song - Focus on the lyrics and beat.
8. Engage Your Senses - Eat something with a strong flavor, smell essential oils.
9. Repeat a Calming Phrase - Say, 'I am safe. I am present. I am okay.'
10. Hug Yourself or a Pillow - Create a sense of comfort and safety.