



GROUNDING GENTLE

Here's a neurodivergent-friendly grounding exercise. It's flexible, low-pressure, and avoids anything that relies on "emptying your mind" or forcing calm.

GENTLE GROUNDING: "NAME, NOTICE, CHOOSE" (2-5 MINUTES)

NAME (ORIENT YOURSELF)

SAY OR THINK:

- YOUR NAME
- WHERE YOU ARE
- WHAT DAY OR TIME IT IS (ROUGH IS FINE)

THIS HELPS YOUR NERVOUS SYSTEM RE-ANCHOR WITHOUT NEEDING EMOTIONAL LANGUAGE. "I'M ALEX. I'M IN MY ROOM. IT'S AFTERNOON."

NOTICE (SENSORY, BUT OPTIONAL)

CHOOSE ONE OR TWO SENSES ONLY (NOT ALL FIVE).

EXAMPLES:

- **TOUCH:** PRESS YOUR FEET INTO THE FLOOR OR HANDS INTO YOUR THIGHS
- **SIGHT:** FIND ONE OBJECT WITH A CLEAR EDGE OR PATTERN
- **SOUND:** NOTICE THE FARTHEST SOUND YOU CAN HEAR
- **BODY:** NOTICE WHERE YOUR BODY FEELS MOST NEUTRAL (NOT CALM, JUST OKAY)

NO NEED TO DESCRIBE — JUST NOTICE.

CHOOSE (REGAIN AGENCY)

MAKE ONE SMALL CHOICE:

- ADJUST POSTURE
- TAKE A SIP OF WATER
- WRAP IN A BLANKET / REMOVE A LAYER
- LOOK AWAY FROM STIMULATION
- STIM (ROCK, FIDGET, TAP) INTENTIONALLY

CHOICE = CONTROL, WHICH IS GROUNDING FOR MANY NEURODIVERGENT PEOPLE.

IF YOU'RE VERY OVERWHELMED

USE THIS 30-SECOND VERSION:

- PRESS SOMETHING FIRM (WALL, CHAIR, FLOOR)
- COUNT 3 SLOW EXHALES (NO BREATH HOLDING)
- SAY: "I AM ALLOWED TO TAKE UP SPACE RIGHT NOW."



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