

# ■ 10 Quick Grounding Exercises

## Emergency Mental Reset Techniques (Print & Save)

Save this checklist for moments when obsessive thoughts feel overwhelming. Each exercise takes just a few minutes and can help reset your mind immediately.

- **1. STOP Method** – Say stop, take deep breaths, redirect attention (2 minutes).
- **2. 5-4-3-2-1 Grounding** – Name 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste.
- **3. Cold Water Reset** – Splash your face or hold ice cubes for 30 seconds.
- **4. Box Breathing** – Inhale 4, hold 4, exhale 4, hold 4 (repeat 6 times).
- **5. Text Someone Else** – Reach out to a friend with a specific question or compliment.
- **6. Physical Movement** – Do 20 jumping jacks, pushups, or dance to one song.
- **7. Emotional Labeling** – Say 'I'm feeling anxious about them' instead of replaying thoughts.
- **8. 2-Minute Rule** – Set a timer, allow thoughts for exactly 2 minutes, then redirect.
- **9. Future Planning** – Write down 3 things you'll accomplish tomorrow.
- **10. Music Interruption** – Play one upbeat song and focus only on lyrics or melody.

■ **Tip: Different techniques work for different moments. Experiment to find your go-to reset methods.**

■ For more tools: Download the full 'Stop Obsessing Toolkit' for a 7-day recovery plan, journal prompts, and relapse prevention guide.