

# 5 Steps to Ground Someone in Crisis

This trauma-sensitive, mindfulness-informed process is designed to help someone who is overwhelmed, anxious, or emotionally flooded reconnect to a sense of safety and presence. Use this as a gentle guide, not a rigid script.

## 1. Slow your own breath first

Before saying anything, take one or two deeper, slower breaths yourself.

Inhale slowly through your nose, exhale longer than you inhale. This helps settle your own system and allows you to become an anchor of calm. A regulated presence is often more helpful than any words.

## 2. Help them orient to the here and now

Invite gentle awareness of the environment. You might say:

"Can you look around and name three things you see?" or

"Notice the sounds around you... the light... the temperature."

This brings the nervous system back to the present moment.

## 3. Offer simple, physical contact with the environment

Encourage grounding through tactile awareness. Suggestions include:

"Feel your feet on the floor." or "Press your hands into your thighs."

Physical contact can remind the body: 'I'm here. I'm safe enough.'

## 4. Normalize what they're feeling and affirm their safety

Validate their experience without trying to fix it. You might say:

"This is a lot. It makes sense that it feels overwhelming."

or "You're not alone in this. I'm here with you."

Let your tone and body language speak calm and compassion.

## 5. Offer a small, safe next step

Don't push forward. Just invite one tiny, low-pressure action, like:

"Would it feel okay to take one breath together?"

or "Can I sit with you for a moment?"

Choice and slowness are key.