ACP Well-Being

Sensory Grounding Resources

When we are stressed or worried, we are usually thinking about something that happened in the past or might happen in the future. This takes us away from the here-and-now. Sensory Grounding strategies help a person who is overwhelmed by memories, strong emotions, or anxiety become aware of the here and now. By focusing on one of the five senses at a time, your awareness comes back to your physical body and helps you take control of what you choose to do next.



Tools such as textured stickers (touch), liquid timers (sight), lip balm (scent), mint/gum (taste), or headphones (hearing) allow you to focus on one sensory item at a time, which helps with grounding and focus.



ACP's Physician Well-being and Professional Fulfillment program has curated some additional resources on sensory grounding tools and activities such as:

Coloring pages

Research on benefits of coloring

Emotional Support Video Series

Building Blocks of HOPE

Well-being Fun Zone Chapter Kit Ideas

<u>Grounding & Breathing Exercises for Calming Your</u> <u>Nervous System</u>

Trauma-Informed Care

www.acponline.org/wellbeing