

WORKSHEET – What Helps Me Get Back into the Window of Tolerance?

Examples	Your own List
Taking three deep abdominal breaths	
Drinking from a straw	
Drinking warm water or relaxing tea	
Listening to calm music	
Holding an ice cube in your hand	
Running water over your hands and splashing water on your face	
Stepping outside for two minutes	
Glancing out a window at nature or the sky	
Looking at a familiar painting or photograph of people you love	
Tapping your foot on the floor	
Doing the Five Senses exercise	
Counting backward from 100 slowly	
Holding a grounding stone or other small object	
Grabbing the arm of your chair and squeezing	
Creating an index card with your top grounding tips listed to keep with you	