



CareSync™ Psych

Grounding & Panic Relief Toolkit

A calming guide to help bring your mind and body back to the present during moments of panic, overwhelm, or anxiety.

■ 5-4-3-2-1 Sensory Reset

When your mind is racing, reconnect with the environment around you:

5 things you SEE

4 things you FEEL

3 things you HEAR

2 things you SMELL

1 thing you TASTE

■ Deep Breathing Practice

Slow your nervous system using controlled breathing:

Breathe in through nose for 4 seconds

Hold for 4 seconds

Exhale slowly for 6 seconds

Repeat until your body feels calmer

■ Safe Place Visualization

Imagine your most peaceful place. Reflect below:

What does it look like?

What sounds are there?

How does your body feel there?

■ Crisis Grounding Statements

Repeat these when panic rises:

This feeling will pass.

I am not in danger.

My anxiety cannot harm me.

I have survived this before.

I can handle this moment.



■ *CareSync Tip: Keep this worksheet nearby during stressful moments. Practice grounding regularly—even when calm—to strengthen your ability to manage panic when it occurs.*