



P is for PAUSE

An Interactive 6 P's Worksheet Using the 5-4-3-2-1 Grounding Exercise

A gentle way to slow down, come back to the present moment,
and notice what is true right now.

Before you process, plan, practice, or measure progress, you begin with Pause. Pause is the moment you stop rushing past yourself. It helps you settle your body and create enough space to notice what is happening inside and around you.

Gentle reminder: This worksheet is a support tool for reflection and grounding, not a substitute for professional mental health care or crisis support.

1. Why I Need to Pause

Use this space to name what brought you here. You do not have to explain it perfectly. Just begin honestly.

Right now, my stress/worry feels like: (0) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

0 = calm / 10 = very intense

My body is asking me to notice:

- Tightness or tension
- Racing thoughts
- Trouble focusing
- Restlessness
- Heaviness or tiredness
- Something else: _____

2. Prepare for the Pause

Choose one small action to signal to your body: I am slowing down now.

- Place both feet on the floor.
- Relax your shoulders.
- Unclench your jaw.
- Put one hand on your heart or stomach.
- Take three slow breaths.
- Let your eyes soften.

Inhale gently

Hold softly

Exhale slowly

3. The 5-4-3-2-1 Grounding Pause

Move slowly through each step. This exercise helps your mind return to the present moment by noticing what your senses can find right now.

5 things I can SEE

Look around gently. Name five things you can see.

1. _____
2. _____
3. _____
4. _____
5. _____

4 things I can FEEL

Notice textures, temperature, pressure, or contact.

1. _____
2. _____
3. _____
4. _____

3 things I can HEAR

Listen for sounds near or far.

1. _____
2. _____
3. _____

2 things I can SMELL

Notice any scent. If you cannot smell anything, name two scents you enjoy.

1. _____
2. _____

1 thing I can TASTE

Notice one taste, sip water, or name one taste you enjoy.

1. _____

4. What Shifted After the Pause?

Now check in again. You are not grading yourself. You are simply noticing whether anything feels even a little different.

After pausing, my stress/worry feels like: 0 1 2 3 4 5 6 7 8 9 10

0 = calm / 10 = very intense

One thing I notice now is:

The thought, feeling, or worry that still needs attention is:

The thought, feeling, or worry that feels a little quieter is:

5. What Did the Pause Help Me Learn?

Pause does not have to fix the whole situation. Sometimes it simply helps you hear yourself more clearly.

By pausing, I learned:

My body may be trying to tell me:

My mind may be asking for:

6. My Next Best Step

After pausing, choose one small step that supports the journey you are on. Keep it realistic, kind, and doable.

- Drink water or eat something nourishing.
- Take a short walk or stretch.
- Write down what is bothering me.
- Ask for support.
- Step away from a situation briefly.
- Make one simple decision.
- Rest before responding.
- Other: _____

My next best step is:

This supports my journey because:

One gentle promise I can make to myself is:

Pause is not doing nothing.

Pause is choosing to meet the moment with awareness instead of rushing past it.

Progress, not perfection.