

BBH ONE-STEP PANIC GROUNDING

Use one small action when thinking feels impossible

START HERE

You do not need to complete every step. Choose one neutral detail, one physical point of support, and one safe next action.

1 ORIENT TO THE PRESENT

My name is _____ Today is _____

I am currently at _____

2 CHOOSE ONE SENSE

One neutral thing I can SEE: _____

One physical sensation I can FEEL: _____

One nearby sound I can HEAR: _____

3 FEEL PHYSICAL SUPPORT

Both feet on the floor

Back against a chair or wall

Hold a familiar object or pet

Wash face or notice cool water

4 REMEMBER YOUR REASON TO CONTINUE

A person, pet, responsibility, spiritual commitment, future plan, or personal promise that reconnects me with life:

BBH ONE-STEP PANIC GROUNDING

SOS before-and-after check-in

PAUSE. NOTICE. COMPARE.

This page is not a test. It helps you notice what changed, what did not, and whether more support is needed.

CHECK-IN	BEFORE GROUNDING	AFTER GROUNDING
Panic intensity	____ / 10	____ / 10
Strongest body sensation		
Main fear thought		
Grounding action used		
Can I think more clearly?	Yes / No / A little	Yes / No / A little
Do I need human or medical support?	Yes / No / Unsure	Yes / No / Unsure

ONE REMINDER

A small change still matters. If symptoms feel medically unsafe or different from your usual pattern, stop relying on the worksheet and seek appropriate care.

BBH ONE-STEP PANIC GROUNDING

Reflection, support, and safety plan

WHAT HELPED EVEN A LITTLE?

WHAT MADE THE MOMENT HARDER?

MY PLAN FOR THE NEXT 10 MINUTES

Sit or stand somewhere physically safe Stay with one sensory detail

Contact: _____ Seek care now if symptoms feel unsafe

One next action: _____

IMPORTANT SAFETY NOTE

Seek urgent medical care for new or severe chest pain, fainting, significant breathing difficulty, or symptoms different from your usual experience. Contact emergency or crisis support if you may harm yourself or cannot remain safe.

A HUMAN REMINDER

"When balance disappears, return to one reason, one grounding action, and one safe decision. You do not have to solve your whole life during panic - only protect the next moment."

CONTINUE WITH THE FULL BBH BOOK

4

Safe AI prompts, worksheets, and trackers for emotional calm

IF THIS WORKSHEET HELPED EVEN A LITTLE

The full BBH book expands this support into a structured daily system with 101 safe prompts, worksheets, and trackers for anxious moments.

BOOK RECOMMENDATION

Calm Your Anxious Mind With AI

101 Safe Prompts, Worksheets & Trackers for Daily Life Anxiety, Panic, Work Stress, Relationships, Sleep Worry and Emotional Calm

Series: BBH Clarity AI Prompt Guides for Mental Wellness - Volume 1

Author: Shubhangi Halande

Publisher/Brand: Bio & Brain Health Info

WHAT THE FULL BOOK GIVES YOU

- Safe AI prompts for daily anxiety and panic support
- Worksheets to track triggers, body signals, and fear thoughts
- Practical tools for work stress, sleep

BEST FOR READERS WHO WANT TO

- Build calm daily habits, not only crisis support
- Understand anxious patterns with more clarity
- Use prompts, trackers, and reflection

READY TO GO BEYOND ONE WORKSHEET?

If this panic grounding worksheet supported you, the full book can give you a deeper, reusable system for anxious moments across daily life.

Purchase link / Amazon button Add here when ready

"You do not have to solve your whole life during panic - but you can build a calmer life one safe step at a time."