

Mind Your Mind™

Grounding Reflection Pages

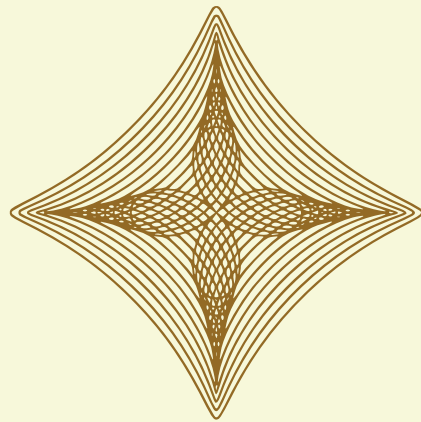
A gentle space for your nervous system to settle after overwhelm, stress, or crisis.



Created by Mind Your Co.

How to Use These Pages

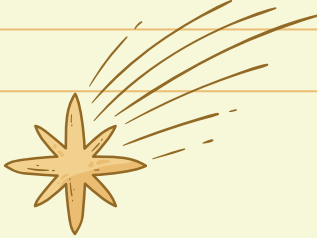
These pages are not about fixing yourself. They are about creating a moment of safety, presence, and compassion — right where you are.




Right Now, I Feel...

Pause for a moment. Take one slow breath. You don't need to analyze or explain anything here.


Right now, my body feels:



Right now, my emotions feel:



One word that describes this moment:



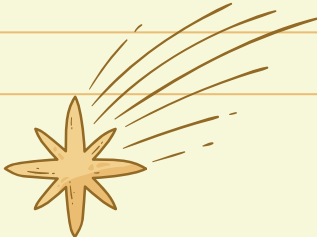
Grounding Through the Senses

Use this page to gently bring yourself back into the present moment.

5 things I can see right now:



4 things I can feel physically:



Grounding Through the Senses

Use this page to gently bring yourself back into the present moment.

3 things I can hear:



2 things I can smell:



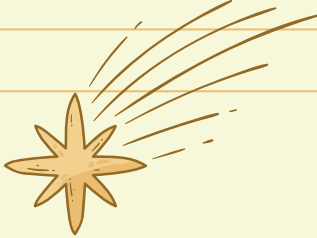
1 thing I can taste or am grateful for:




What I'm Carrying

Sometimes the weight we feel isn't obvious. This page is for naming it gently.

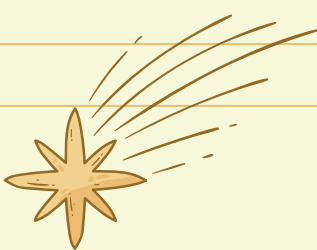
Today, I'm carrying thoughts about:



Today, I'm carrying emotions like:



Something that has been heavy lately:



What I Can Set Down (Even Briefly)

You don't have to let everything go forever. Just notice what you can loosen your grip on for now.

A worry I don't need to solve right now:



A pressure I can pause today:



One small way I can be gentler with myself:



A Gentle Reminder

Read slowly. Repeat if it feels supportive.

“I am allowed to move at my own pace.”

“My feelings make sense, even when they are messy.”

“I don’t need to be okay all at once.”

“This moment is allowed to be exactly as it is.”

Stay Connected ✨

Explore more gentle tools for your journey:

- Mindfulness journals
- Affirmation cards
- Calm starter kits

