

■ Grounding Guide ■

Simple Techniques to Calm Anxiety & Reconnect With Yourself

Grounding brings your focus back to the present moment when your mind feels scattered or anxious. Use these quick practices to reconnect to calm, safety, and balance.

■ ■ 5-4-3-2-1 Method	Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste.
■ ■ Breath Reset	Try box breathing: Inhale 4 • Hold 4 • Exhale 4 • Hold 4. Repeat 3–4 times.
■ Body Awareness Scan	Notice sensations from head to toe. Ask: Where am I holding tension? How does it feel to release it?
■ Movement Grounding	Stretch, walk barefoot, or press feet into the floor. Repeat: 'I am safe. I am present. I am here.'
■ Quick Self-Check Prompts	• What comforts me right now? • What small action can I take to feel grounded?

■ Grounding works best when practiced daily, not only during stress. Make it part of your routine to build calm and resilience.