Rooted & GROUNDED

A Gentle Guide to Returning to Yourself

ROOTS + REMEDIES

10 Ways to Come Back to Steady

Back to steady.

Back to your body.

Back to yourself.

Welcome

If your body has been holding tension...
If your mind won't slow down...
If you've been carrying more than you can explain...
This guide was created for you.
You are in the right place.
Welcome home.
Welcome back to yourself.

Roots + Remedies, Co.

about the author

My name is Jessica Garrett, the heart behind Roots + Remedies Co.

I am a Certified Holistic Health & Wellness Coach with a background in behavioral and mental health. Over the years, I have supported individuals and families through stress, emotional overwhelm, and life transitions—both in clinical settings and everyday life.

I've seen firsthand how stress shows up—not just in the mind, but in the body.
The tension. The fatigue. The overwhelm that lingers, even when you try to rest.
Over time, I began to recognize something deeper—
many of us are not just tired... we are disconnected.
Disconnected from our bodies.
From our rhythms.
From the signals trying to guide us back to balance.

That realization is what led me to create Roots + Remedies.
This space was built to help women come back home to themselves—to slow down, to listen, and to support their bodies in a more natural and sustainable way.
Through holistic wellness coaching, herbal support, and simple daily practices, my goal is to help you reconnect with your body and restore a sense of calm, clarity, and stability.

This guide is an extension of that work.

It was created to give you simple, grounding tools you can return to when life feels overwhelming—tools that support your body, not push it.

You don't have to have it all figured out.
You just have to begin.

With care,

jessica

Path of Return

A GENTLE GUIDE TO RETURNING TO YOURSELF—ONE STEP AT A TIME.

Return to Your Body

01 Breathe

02 Earthing

03 Movement

Return to Awareness

04 Sensory Presence

05 Listening

06 Anchoring

Return to Your Self

07 Kindness

Return to Your Environment

08 Nourishment

09 Scent

10 Rest

Introduction
Grounding

What is Grounding?

Grounding is the practice of bringing your body, mind, and awareness back to the present moment.
It gently pulls you out of the mental noise, overwhelm, and constant movement of your thoughts—and brings you back into your body.
Sometimes our minds and emotions carry us to places that feel heavy, disconnected, or difficult to navigate.
Grounding helps you return to what is real and steady—allowing you to slow down, become aware, and respond with intention instead of reaction.

Why is this important?

When your body is under stress, it naturally shifts into a state of protection—often known as "fight or flight."
While this response is meant to help you in moments of danger, staying in this state for long periods of time can begin to wear on your body.

You may notice it showing up as:

- tension in your body
- difficulty relaxing or resting
- racing thoughts or overwhelm
- fatigue, even after sleep

Over time, chronic stress can impact both your physical and mental health—affecting your heart, your energy levels, your focus, and your overall sense of well-being.

Grounding supports your nervous system by helping your body shift out of that heightened state and into a place of calm, safety, and stability.

It allows your body to settle...
your mind to quiet...
and your system to begin restoring itself.

Before we move forward, take a moment to notice your body...
Where might you be holding tension right now?

RETURN TO YOUR BODY

Breathe

Return to Rhythm

01

Your breath is one of the simplest and most powerful ways to come back into balance.

It is always with you. Always available. Always ready to bring you back to the present moment.

When life feels overwhelming, your breath can guide you back to calm.

Back to steady. Back to yourself.

Returning to Your Breath

When stress rises, your breath often becomes shallow, quick, and uneven.

But when you slow your breath...
your body begins to feel safe again.

Your nervous system settles.
Your mind quiets.
Your body softens.

Your breath is one of the simplest ways to come back into balance.

A Simple Grounding Breath

Find a comfortable position.

Gently close your eyes or soften your gaze.

Take a slow breath in through your nose...
and a slow breath out through your mouth.

Again...
Inhale slowly...
Exhale gently...

Now begin to count:

Inhale for 4
Hold for 4
Exhale for 4
Hold for 4

Repeat this cycle for a few rounds.

Let your breath be steady...
not forced.

Let it support you.

If counting feels overwhelming, simply focus on slowing your breath.

There is no perfect way to do this.
Just begin.

Pause for a moment...

**Take one slow breath in...
and one slow breath out.**

Notice your body.

Has anything shifted?

**Even a small moment of awareness
can bring you back to yourself.**

Earthing

Return to the Earth

02

When grounding is practiced in nature, it is often referred to as earthing.

Earthing is the practice of physically connecting your body to the Earth—whether through your feet, your hands, or your entire body.

This simple connection invites your body to come back into alignment. Many people find that spending time in direct contact with the Earth can support the body in reducing stress, easing tension, and restoring a sense of calm.

You may also notice improvements in your energy, your sleep, and your overall sense of well-being.

What does that mean?

In the simplest terms, earthing is about touching the Earth with intention.

When your skin comes into contact with natural surfaces like grass, soil, sand, or water, your body begins to slow down and settle.

It gives your nervous system a signal: *You are safe. You can relax.*

This practice helps bring you out of the constant "go" mode and back into a place of presence and awareness.

Ways to Practice Earthing

You don't need to do everything—
start with one that feels simple and accessible for you:

- Walking barefoot in grass, sand, or soil
- Sitting outside with your hands resting on the ground
- Gardening or working with plants
- Lying directly on the earth
- Swimming in natural water (lakes, rivers, or the ocean)
- Using grounding mats when outdoor access is limited

**You don't have to do this perfectly, **
just begin where you are.

Try This:

If you're able, take a moment to step outside.

If you're able, remove your shoes and allow your feet to touch the ground.

Stand still for a few breaths...
Notice the temperature beneath your feet.

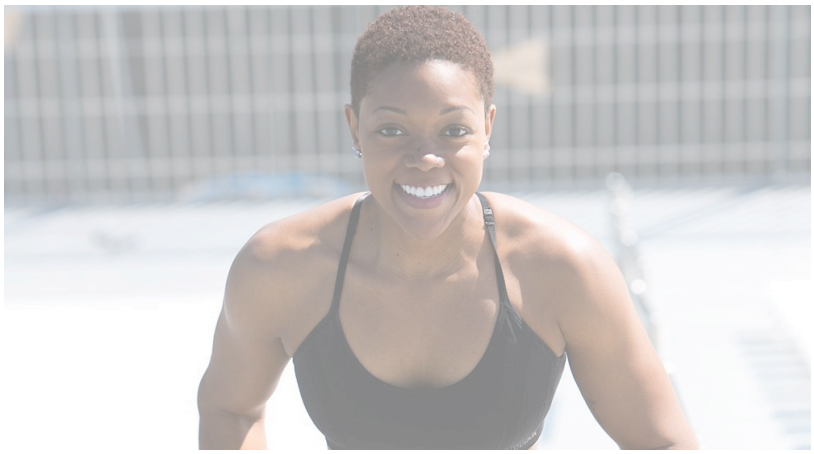
Notice the way your body responds.

You don't have to do anything complicated.
Just be present.

Movement

Return to Movement.

03



Movement is one of the most natural ways to bring your body back into balance.
It doesn't have to be intense or overwhelming. In fact, gentle and consistent movement can be one of the most effective ways to release stress, clear your mind, and reconnect with your body.
When you move your body, you create space—space for tension to release, for your breath to deepen, and for your mind to settle.

How Movement Supports Your Body
When your body is holding stress, it often stores it physically—in your muscles, your shoulders, your back, and even your breath.

Movement helps your body release that stored tension while also supporting your nervous system.
You may notice that after moving your body, you feel:

- lighter
- clearer
- more present
- more at ease

That's your body shifting out of stress and back into balance.

Benefits of Movement

- Supports the release of stress hormones and promotes feel-good endorphins
- Helps reduce feelings of anxiety and overwhelm
- Improves focus, clarity, and mental energy
- Encourages better sleep and overall well-being
- Creates opportunities for connection and community

Try This

Take a few minutes today to move your body in a way that feels good—not forced.
It could be a short walk, a stretch, or even putting on music and moving freely.

As you move, notice:

- your breath
- your body
- how you feel before and after

You don't have to push yourself. You just have to begin.

RETURN TO YOUR AWARENESS

Sensory Presence

Return to Awareness

04

Sensory grounding is a simple way to bring your body back into the present moment by using your senses.

When you feel overwhelmed, anxious, or disconnected, your senses can help guide you back—gently reminding your body that you are here, safe, and supported. This practice helps you slow down, become aware, and reconnect with what is happening around you in real time.

The 5-4-3-2-1 Sensory Grounding Practice

Find a quiet or comfortable space if you can. Begin by noticing your breath... Let it slow down, even just a little.
Then, gently walk yourself through the following:

5 Things You Can See: Look around you and name five things you can see. It could be colors, textures, light, or objects nearby—anything in your environment.

4 Things You Can Feel: Notice four things you can physically feel. This could be your hands, your clothing, your feet on the ground, or the surface you're sitting on.

3 Things You Can Hear: Listen for three different sounds. They can be close or distant—your breathing, a fan, voices, nature, or movement around you.

2 Things You Can Smell: Identify two scents. If nothing is immediately noticeable, gently move to find a scent—soap, fresh air, food, or something nearby.

1 Thing You Can Taste: Notice one thing you can taste. It might be subtle—your breath, a drink, or something lingering like gum or a recent meal.

Gentle Reminders

You don't have to rush through this. Take your time with each step.
Let yourself notice fully what's around you. As you move through your senses, pay attention to how your body begins to shift. Even a few minutes of awareness can help you feel more grounded, calm, and present.

Listening to your body

Return Inward

05

Tuning Inward

In the middle of stress, noise, and constant movement, it's easy to lose connection with yourself.
Your thoughts get louder...
Your body gets quieter...
And before you know it, you're moving through your day without really checking in.
Listening is the practice of slowing down long enough to hear what's happening within you.

What Does It Mean to Listen to Yourself?

Listening isn't just about hearing—it's about awareness.
It's noticing:
How your body feels
What your emotions are trying to tell you
what you need in the moment
Your body is always communicating with you.
The question is—are you giving yourself the space to hear it?

Signs You May Need to Slow Down

Sometimes your body is already speaking—you just haven't paused long enough to notice.

You might feel:
Tension in your shoulders or chest, Racing thoughts or mental fatigue
Irritability or overwhelm, Exhaustion, even after rest
A sense of disconnection from yourself.
These aren't signs that something is wrong with you— they're signals asking for your attention.

Take a few moments today without distractions.
No phone. No noise. No rushing.

Sit with yourself and simply notice:
your breath
your body
your thoughts

Then gently ask:
"What am I needing right now?"

Let the answer come without forcing it.

Anchoring

Return to Steady.

06

Returning to What is Steady

When life feels overwhelming, your mind can begin to drift—toward fear, uncertainty, or racing thoughts.
Anchoring is the practice of gently bringing yourself back to what is steady.
It's not about ignoring what you feel...It's about giving your mind and body something safe to return to.

What Does It Mean to Return to What is Steady?

When everything feels uncertain, there are still things that remain steady.
Your breath.
Your body.

The present moment.
Truth.

Returning to what is steady helps your body settle and reminds your mind:
"I don't have to carry everything at once."

A Simple Anchoring Practice

When you feel overwhelmed:
Pause.
Place your hand on your body.
Take a slow breath in... and a slow breath out.

Then gently say:
"I am here."
"I am supported."
"I can take this one moment at a time."
Let your body follow your breath.
Let your mind settle where your body is.

What Can Be Steady for You?

Steadiness can look different for everyone.
It might be:
your breath
a simple phrase or truth
a grounding scripture
a familiar routine
the feeling of your feet on the ground
You're not searching for something new—
you're returning to what already supports you.

If Your Faith Grounds You

If faith is a steady place for you, you can return to a single piece of truth.

Not to rush through it—but to sit with it.

"The Lord your God is with you..."
— Zephaniah 3:17

Let it be something you come back to—again and again.

Gentle Reminders

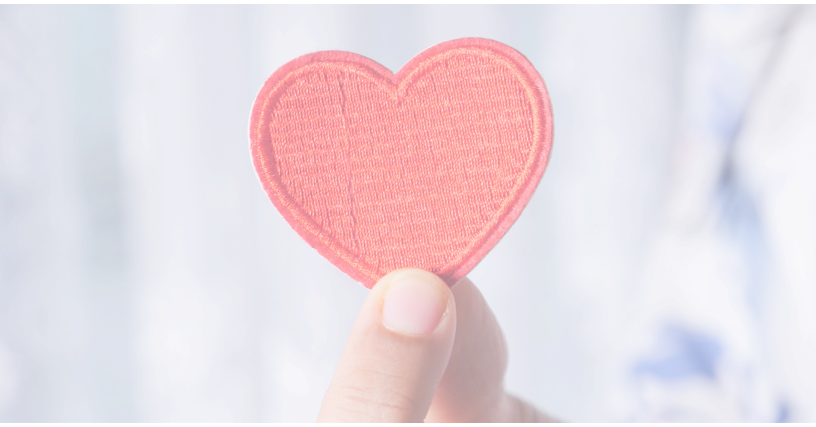
The next time your thoughts begin to spiral...
Pause and ask:
"What can I return to right now?"
Let your answer become your anchor.

RETURN TO YOUR SELF

Kindness

Return to your self.

07



Kindness toward yourself is one of the most powerful ways to bring your body back into balance. When your mind is racing or your emotions feel heavy, it's easy to become critical—to speak harshly to yourself, to replay what went wrong, or to feel like you should be handling things differently. But grounding isn't about perfection. It's about how you respond to yourself in those moments.

Coming Back to Yourself

When you feel overwhelmed, pause and gently check in with yourself:
What do I need right now?
What am I feeling?
Where is this showing up in my body?
Instead of pushing those feelings away, allow yourself to notice them—without judgment.
You don't have to fix everything.
You just have to be present with yourself.

A Gentle Practice

Place one hand over your heart or somewhere on your body that feels grounding.
Take a slow breath in...
and a slow breath out...
Then softly say to yourself:
"I am allowed to feel this."
"I am safe in this moment."
"I can move through this, one step at a time."
Let your words feel like support—not pressure.

What Kindness Can Look Like

Kindness isn't always big—it's often simple and quiet:
Taking a break when you need it
Speaking to yourself with patience
Allowing yourself to rest without guilt
Letting go of the need to have everything figured out
Choosing softness instead of criticism

Return to Self Practice

The next time you notice tension, overwhelm, or negative thoughts rising... Pause.
Instead of asking: "What's wrong with me?"

Ask Yourself: "What do I need right now?"
Let that question guide you back to yourself.

RETURN TO YOUR ENVIRONMENT

Nourishment

Return to Care

08

Nourishing Your Body with Food

Food is more than fuel — it is an experience.

The way you nourish your body can either rush you... or return you to yourself.

Cooking, preparing, and choosing what you eat can become a grounding practice — a moment to slow down, be present, and reconnect with your body.

When life feels overwhelming, nourishment brings you back to something steady.

Simple. Intentional. Supportive.

Stress-Supporting Foods

- Leafy greens (spinach, kale) — rich in magnesium
- Oats — support serotonin production
- Avocados — support nervous system health
- Sweet potatoes — help regulate stress response
- Nuts & seeds — provide essential minerals and healthy fats

It can look like:

Nourishment doesn't have to be complicated.

It can look like:
- preparing a simple meal with intention
- choosing foods that support your body
- slowing down while you eat
- paying attention to how your body responds
- incorporating herbs that gently support your system

It's not about perfection — it's about connection.

Pause for a moment...

What have you been feeding your body lately?
Not just physically — but emotionally and mentally?

What would it look like to nourish yourself with intention today?

Nourishment

Return to Care

08

Nourishing Your Body:Herbal Support

Herbs are one of the most natural ways to support your body.
They work gently — not forcing, but guiding your body back into balance.

Incorporating herbs into your daily routine can support:
• stress response
• nervous system regulation
• digestion
• energy and mood

This can be as simple as:
• a warm cup of tea
• adding herbs to your meals
• using infused oils or blends

Herbal Support for Grounding

• Chamomile — calming, supports relaxation
• Lemon balm — helps ease tension and anxious feelings
• Holy basil (Tulsi) — supports stress response and balance
• Lavender — calming to the nervous system
• Ashwagandha — helps the body adapt to stress

Simple Ways to Incorporate This Daily

• Start your day with a warm herbal tea
• Add seeds or nuts to your meals for nourishment
• Cook one intentional meal this week without rushing
• Use herbs while cooking — not just supplements
• Sit down and eat without distractions

Let your meals become moments of presence.

Nourishment isn't about doing everything right.

It's about learning to care for your body in a way that feels supportive, steady, and sustainable.

One meal.
One moment.
One choice at a time.

Scent

Return through your senses.

09

Essential Oils + Grounding Through Scent

Scent is one of the fastest ways to bring your body back to the present moment—often before your mind can catch up.

Before your mind can catch up, your body responds.

A familiar or calming scent can:
• slow your breath
• soften tension
• signal to your nervous system: you are safe
You don't have to do anything complicated.
Just pause... and breathe it in.

Simple Ways to Use Oils

You don't need a full routine — just a moment.

Try:
• Place a drop in your palms and gently inhale
• Use a diffuser while you rest or work
• Apply (diluted) to wrists or neck
• Add a few drops to a warm bath
• Place a drop on a cotton ball nearby
Let the scent support you... not overwhelm you.

Pause + Breathe

Bring a scent close to you.
Close your eyes if it feels comfortable.

Take a slow breath in...and a slow breath out...

Notice:
• Your body
• your breath
• what begins to shift
You don't have to force anything.
Just notice.

Lavender

Soft. Calming. Familiar.
Lavender is often used to ease tension and support rest.
It's a go-to when your body feels overwhelmed or your mind won't slow down.
Best for: evening, rest, emotional overwhelm

Sweet Basil

Fresh and clarifying.
Sweet basil helps bring focus and calm to a busy or overstimulated mind.
Best for: mental stress, overthinking, midday reset

Patchouli

Grounding and earthy.
Patchouli helps bring you back into your body when you feel scattered or disconnected.
Best for: grounding, emotional balance, feeling "all over the place"

Jasmine

Light and uplifting.
Jasmine can gently shift your mood and help you feel more open and supported.
Best for: emotional heaviness, low mood, reconnecting with joy

Ylang Ylang

Soft and soothing with a slightly sweet scent.
It can help calm the nervous system and gently lift your mood.
Best for: stress, tension, emotional regulation

Rest

Return to Restoration

10

Rest is where your body restores.
Not when everything is done.
Not when life slows down.
Not when you've earned it.
Now.

Why Rest Matters

When you're well-rested, your body feels safer.
You're able to:
• think more clearly
• regulate your emotions
• respond instead of react
• feel more grounded in your day
Rest isn't just sleep—it's restoration.

When Stress Disrupts Sleep

When your mind is racing...
your body often stays in a state of alert.
Even when you're tired,
you may feel:
• wired but exhausted
• restless
• unable to fully settle
This is your body asking for support—not forcing.

Your body carries you through so much each day - movement, decisions, stress, and emotion.
Sleep is where it finally gets to exhale.
Where your nervous system softens...
your mind quiets...your body begins to repair and reset.

Gentle Ways to Support Rest

Instead of trying to force sleep...
focus on creating space for your body to feel safe enough to rest.

You might try:

• Reducing stimulation before bed
(dim lights, limit screens, soften your environment)
• Creating a simple rhythm
(same wind-down time, calming tea, quiet moments)
• Getting out of bed if your mind is busy
(sit, breathe, journal, then return when your body is ready)
• Releasing the day
(prayer, journaling, deep breathing, or stillness)
• Letting support in
(talking with someone you trust when things feel heavy)

Try This
Close your eyes...
Take a slow breath in...
and a slow breath out...
Let your shoulders drop.
Let your body soften.
Stay here for a moment.

RETURN

You've been moving
reading.
learning.
processing.

Now
Pause.

Come back to your breath.
Come back to your body.
Come back to yourself.

You don't have to carry everything.
You don't have to figure it all out right now.
You just have to return.

Let this be your reminder.

You are allowed to slow down.
You are allowed to rest.
You are allowed to care for yourself gently.

You're not starting over...you're returning home to yourself.

Integration + Reflection

Come back. Reflect. Respond.

Reflection - Check In

Return Inward.

Where are you right now?

What stood out to you in this guide?

What did your body resonate with most?

Where do you feel tension or overwhelm currently?

Choose Your Practice

Return to what you need.

What is ONE practice you want to return to this week?

- ☐ Breath
- ☐ Movement
- ☐ Earthing
- ☐ Rest
- ☐ Nourishment
- ☐ Kindness

Why this one?

_____

_____

_____

_____

_____

Daily Rhythm Builder

Return Moment.

What does your day look like as you make steps to return to your self?

Morning:

Midday:

Evening:

Body Awareness

Return Moment.

Today I noticed

My body feels:

My mind feels:

I need more:

I can release:

Gentle Accountability

Return with support.

This week I will...

#1

#2

#3:

What support do I need?

want more Support?

At Roots + Remedies, Co.,
This work doesn't stop here. It continues in community...in conversation...in gentle, consistent care.

You Don't Have to Do This Alone

You've taken a moment to slow down...to breathe...to reconnect with yourself.

And maybe you've realized something: You don't need more pressure. You need support.

Ways to Get Connected

Join the Rooted Walking Club
A space to move your body, clear your mind,
and reconnect—one step at a time.
This isn't about pace.
It's about presence.

Book a 1:1 Coaching Session
Personalized support for your wellness journey.
Together, we create space to:
- understand your body
- reduce stress
- build sustainable rhythms
- return to balance

Herbal Support
Blends and remedies created to support your body naturally.
From calming teas to daily support capsules—
each product is designed to help you feel more steady,
more supported, and more at home in your body.

Roots + Remedies, Co.

Your Next Step
Begins with one return.

You don't have to do everything at once.
Just take one step.
One choice.
One moment.
One return.

You are not behind.
You are not broken.
You are learning to return.
Back to steady.
Back to your body.
Back to yourself.

Scan to begin your next step →

Visit Our Website

Roots + Remedies, Co.