

A Calm Reset You Can Use Anywhere

A simple grounding guide

This guide is for moments when you feel unsettled, wound up, or emotionally stretched — wherever you are.

You don't need privacy. You don't need silence. You don't need to do this perfectly.

Step 1 — Get Stable

Stand or sit with your feet planted.

Let your weight drop downwards.

You're aiming for stable, not relaxed.

Step 2 — Slow the Breath

Breathe in through your nose.

Let the breath leave through your mouth.

If it feels comfortable, let the out-breath be a little longer than the in-breath.

That longer out-breath helps bring things down a notch.

Step 3 — Notice Contact

Pay attention to where your body meets something solid:

- your feet on the floor
- your body on the chair
- your hands against your legs or together

Solid contact helps the nervous system organise itself.

Step 4 — Orient to the Present

Quietly notice:

- one sound you can hear

- one object you can see
- one physical sensation

You're bringing attention out of the head and into the moment.

If Things Still Feel Loud

That's okay.

This is a reset, not a fix.

You can repeat these steps as many times as needed.

Short resets, done often, are more effective than one long attempt.

When to Use This

- during a stressful day
 - when emotions spike unexpectedly
 - before an important conversation
 - when you feel disconnected or scattered
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A Final Reminder

You don't need to calm all the way down.

Even a small shift toward steadiness counts.

Created by Heartfelt Healing