

A Short Grounding Exercise

This gentle exercise is designed to help calm anxiety, steady emotions, and bring your attention back to the present moment. You can use it anytime emotions feel overwhelming.

1. Pause and Breathe

Inhale slowly through your nose for a count of 4.
Exhale gently through your mouth for a count of 6.
Repeat this breath three times.

2. Name What Is Real Right Now

Silently say to yourself:
"Right now, in this moment, I am safe enough."

3. Feel Your Body Supported

Notice where your body is being held or supported—the chair, the bed, or the floor beneath you.
Allow your weight to rest there.

4. Gently Use Your Senses

Name to yourself:

- 3 things you can see
- 2 things you can feel in your body
- 1 thing you can hear

5. Close with Kindness

If it feels comfortable, place a hand on your chest or abdomen.
Say quietly:
"I am doing the best I can right now, and that is enough."

You may repeat this exercise anytime. Even a few moments of grounding can help your nervous system remember that this moment is manageable.