



Daily Grounding Routine

Use this when you feel overwhelmed or emotionally drained.

1. Name Your State (30 seconds)

Say or write: "Right now, I feel..." No judgment — just awareness.

2. 5-4-3-2-1 Technique (2 minutes)

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste or take one deep breath

3. Regulate Your Breath (2 minutes)

Inhale for 4 seconds → Hold for 4 seconds → Exhale for 6–8 seconds. Repeat 4–6 times to signal safety to your nervous system.

4. Anchor in the Now (1 minute)

Say or write: "In this moment, I am safe. I am doing the best I can."

5. Small Action, Big Shift (1 minute)

- Make tea
- Silence phone
- Wash hands
- Open journal
- Text someone supportive