

# The Grounding Guide

## Simple Practices to Center Yourself

### ■ 5-4-3-2-1 Technique

- Name 5 things you see
- Name 4 things you can touch
- Name 3 things you hear
- Name 2 things you smell
- Name 1 thing you taste

### ■■■■■ Breathwork Practice

- Inhale for 4, hold for 4, exhale for 4 (Box Breathing)

### ■ Body Scan

- Close your eyes, bring awareness from head to toe

### ■ Affirmation to Try:

"I am safe. I am present. I am grounded."

### ■ Journaling Prompt:

"Where do I feel most grounded and at peace?"