



Grounding Through Anxiety

When uncertainty makes it hard to stay present.

Anxiety often shows up when we're living with uncertainty. It isn't a sign you're doing something wrong, only your mind trying to prepare for what it can't yet know. Move through as many of these five steps as you like; even one can help you reconnect with the present moment.

BREATH

Take a Breath

You may not be able to change what's causing your anxiety, but you can help your body recognize that, right now, it's safe enough to breathe. Try this for one minute:

- Inhale gently through your nose for a count of 4.
- Exhale slowly through your mouth for a count of 6.
- Let each exhale run a little longer than the breath before it.
- Complete as many cycles as feel comfortable.

PHYSICAL SENSATIONS

Notice Your Body

Anxiety often shows up in the body before we recognize it in our thoughts. Pause and notice, without trying to change anything:

- Is your jaw tight, or your shoulders lifted?
- Are your hands clenched?
- Can you feel both feet touching the floor?

BODY ACTION

Reconnect Through Movement

Restlessness is common with anxiety. Rather than resisting it, give your body a gentle, steady rhythm. As you move, notice whether your jaw, shoulders or hands have changed since you first checked in.

- If you're sitting, slowly rock your body forward and back a few inches.
- Notice your weight shifting, and the chair supporting you, for five or six slow breaths.
- When you're ready, let yourself become still again and simply notice what you feel.
- Come back to the movement as often as it's comfortable.

INNER DIALOGUE

Be Kind to Yourself

Read these words out loud. Let them be an invitation rather than something you have to believe all at once. Repeat three times, allowing the words to settle a little more each time.

I can be uncertain and still care for myself.

I can be uncertain and still show myself compassion.

I can be uncertain and still be present.

MIND AND BODY TOGETHER

Spend Two Minutes Here

Imagine a small circle around you — just large enough for your chair, your breath and your body. For two minutes, let your attention rest inside that circle.

- Outside the circle: tomorrow's questions, the things you can't yet answer, what you cannot control.
- Inside the circle: this breath, this moment, this version of you. For now, that is enough.
- If your thoughts wander outside, gently guide them back — no need to judge them.

When you're ready, take one final slow breath and gently return your attention to the room around you.



PRESENCE & PASSAGE

Grounding Guides

REFLECTION

Notes

Use this page for whatever feels helpful to capture after the grounding exercise. It might be something you noticed, how you're feeling now, a question that came up, or something you'd like to return to later. There are no right or wrong answers—only what feels true for you in this moment.