



Grounding Through Fear

When worry begins to feel like danger.

Fear can make the world feel smaller and our thoughts louder. These practices won't erase fear, but they may help you feel steady and connected to the present so you can take the next breath, the next step or have the next conversation.

BREATH

Take a Breath

A steady breathing pattern can help your body shift out of a heightened fear response and reconnect with the present. Try this box breathing technique for one minute or three to five cycles:

- Breathe in through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 4.
- Pause for a count of 4 before breathing in again.

PHYSICAL SENSATIONS

Notice Your Body

Fear often has physical signs. Notice where you feel it in your body. It may appear as:

- a racing heart or tight muscles
- butterflies in your stomach or a dry mouth
- shallow breathing or something entirely different

Whatever you notice is simply information.

BODY ACTION

Reconnect Through Movement

Fear prepares the body to act. Giving some of that energy a place to go can make it easier to reconnect with the present.

- You can do this standing or sitting and you can do it gently or vigorously.
- Starting with your hands, shake them for 10–15 seconds. Then let the movement travel through your arms, shoulders, legs and feet.
- If it feels natural, add a few shoulder rolls, loosen your jaw or let out an audible sigh.
- Let your body move in whatever way feels good, even if it feels a little silly.
- When you're ready, become still and notice whether anything has shifted.

INNER DIALOGUE

Be Kind to Yourself

Read these words out loud. Take time to connect with each phrase as you say it. Repeat three times, allowing the words to settle a little more each time.

Fear, I know you are here.

In this moment, I too am here.

In this moment, I can choose my next step.

In this moment, I release what I can.

MIND AND BODY TOGETHER

Spend Two Minutes Here

- Sit quietly for two minutes.
- You don't need to stop your thoughts. Simply notice them as they come and go, returning your attention to your breath whenever you're ready.

Before you move on, ask yourself:

What feels different than it did two minutes ago?



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.