



Grounding Through Dread

When you're carrying the weight of what might happen next.

Dread can make your body brace for something that hasn't happened yet. This practice helps bring your attention back to what is here now, one breath and one moment at a time.

BREATH

Take a Breath

When dread keeps your body on alert for what might happen next, a physiological sigh can help signal to your nervous system that it is safe to begin settling. Repeat 3–5 times:

- Inhale slowly through your nose.
- Take one small second inhale.
- Exhale slowly and completely through your mouth.
- Let your body soften with each breath.

PHYSICAL SENSATIONS

Notice Your Body

Dread can leave the body holding tension before anything has happened. Take a moment to notice where you may be bracing in anticipation.

- Is your jaw clenched or your shoulders raised?
- Is your stomach tight?
- Do you feel restless, frozen or weighed down?

Simply notice what is there without trying to change it.

BODY ACTION

Reconnect Through Movement

Dread often keeps us suspended between the present and an uncertain future. This simple movement helps bring your attention back to your body and the ground supporting you.

- Stand with your feet about hip-width apart.
- Slowly lift your heels an inch or two off the floor.
- Let your heels gently drop back down and feel the weight of your body settle through your feet.
- Repeat 5–10 times at a slow, comfortable pace.

As you finish, pause for a moment and notice whether anything in your body feels different.

INNER DIALOGUE

Be Kind to Yourself

Place one hand on your heart and read these words out loud. Notice what it feels like to offer yourself the same compassion you would offer someone you care about. Repeat three times, allowing the words to settle a little more each time.

Right now, I give myself grace.

Right now, I offer myself kindness.

Right now, I choose compassion for myself.

MIND AND BODY TOGETHER

Spend Two Minutes Here

Dread often pulls us toward tomorrow. For the next two minutes, gently return your attention to today. Notice your breath. Feel the ground beneath you. If your mind begins to wander, gently say “Wandering,” and return back to stillness.

You don't have to carry what hasn't happened yet. For this moment, simply be here.



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.