



Grounding Through Overwhelm

When everything feels like too much.

When too many responsibilities, emotions or decisions arrive at once, it can feel impossible to know where to begin. This practice isn't meant to solve everything. It's meant to help you find a little more steadiness before taking the next step.

BREATH

Take a Breath

When everything feels like it's competing for your attention, a simple breathing pattern can give your mind one thing to focus on. Sit comfortably and try this alternate nostril breathing technique, allowing your attention to follow your breath. Complete 5 to 10 rounds.

- Close your right nostril with your thumb and inhale slowly through your left nostril.
- Close your left nostril with your ring finger, then release your thumb and exhale through your right nostril.
- Inhale through your right nostril.
- Close your right nostril, release your left, and exhale through your left nostril. This completes one cycle.

Notice that, for these few moments, you only had one thing to do.

PHYSICAL SENSATIONS

Notice Your Body

Your body often carries the weight of your mind's overwhelm. Without judging or trying to fix it, ask yourself:

- If my body could say one thing about how it's feeling, what might it be?
- Would my mind agree?

Simply noticing is enough. You don't have to change what you find—just become aware of it.

BODY ACTION

Reconnect Through Movement

When everything feels like too much, a gentle, rhythmic movement can remind your body that it is safe to slow down. Try this butterfly hug to soothe your body and offer yourself kindness.

- Cross your arms over your chest so each hand rests on the opposite shoulder or upper arm.
- Gently tap one hand to the shoulder or chest, then the other, creating a slow, steady rhythm.
- Continue for 60-90 seconds, breathing naturally as you tap.
- When you're ready, let your hands rest in your lap and notice any differences, big or small.

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 am here.

One moment at a time.

One thing at a time.

I remain.

MIND AND BODY TOGETHER

Spend Two Minutes Here

- Set a timer for 2 minutes and allow yourself to just sit.
 - Notice your breathing. Notice your body. Notice the space around you.
 - If your mind begins to wander, gently say, "It can wait," then return to stillness.
 - Give yourself permission to be fully present in this moment. Nothing needs to be solved right now.
 - When you're ready, choose one next step.
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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.