

Ground Through Your Body

Let your body know where you are. You belong here. ♥

Body based grounding tools for when your mind is overwhelmed, disconnected, or hard to slow down.

BREATHE
 FEEL
 BE HERE
 YOU ARE SAFE
 YOU ARE ENOUGH

You are here now. You are safe enough. ♥

Feet on the floor. A calmer you is possible. ♥

1 What is body grounding?

Body grounding means bringing your attention to physical sensations in the present moment. It helps you reconnect with your body, feel more steady and supported, and come back to what is real right now.

When life feels overwhelming, the mind can race or shut down. Grounding through the body helps you feel more present, calm and in control — one small step at a time.

Your body is a safe place to land. ♥

2 Why use it?

Body grounding can help:

- Reduce feelings of dissociation or numbness.
- Ease panic, anxiety and high stress.
- Help when emotions feel intense or overwhelming (emotional flooding).
- Bring you back to the present moment and increase a sense of safety and control.

A steadier body. A calmer mind. A brighter tomorrow. ♥

3 Try these now: 5 simple grounding ideas

You can do these anywhere, anytime. Give one a try:



Press your feet into the floor.

Notice the solid support beneath you. Feel the ground holding you.



Hold a textured object.

Notice how it feels — the temperature, texture, weight or shape.



Push your hands together.

Press your palms together, or push against a wall. Notice the sensation of strength and support.



Notice the chair supporting you.

Feel the seat under you, the back against your body, and how it holds you right now.



Stretch or roll your shoulders.

Gently move your body. Notice the feeling of release, space and ease.



Cold water

Splash water on your face or hold an ice cube. Notice the sensation.



Scent

Notice a favourite scent, like essential oil, lotion, a flower or something comforting.



Music

Play a soothing song or a sound that feels calming and grounding.



Warm drink

Slowly sip something warm and notice the taste, temperature and comfort.

Small sensory moments can make a big difference. ♥

5 When might this help?

Body grounding can be especially helpful:



After a trigger or a difficult reminder.



After a conflict or stressful conversation.



During anxiety, panic or feeling upset.



When you feel numb, checked out or disconnected.

Different situations call for different tools. You can always come back to your body. ♥

6 What if still disconnected?

Try these additional steps:

- Look around the room. Name 5 things you can see.
- Say today's date out loud.
- Name where you are (e.g., "I am at home, in my office").
- Reach out to a trusted person or use a support resource.

It's okay to need more support. You don't have to do this alone. ♥

7 A helpful reminder

Your body may need concrete cues before your mind catches up. It's not a failure — it's a protective response. Be patient. You are doing your best. And that is enough. ♥

Support is beneath you. ♥