

GROUNDING, CALMING, BREATHWORK



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Grounding techniques help anchor your attention in the present moment when emotions or sensations feel too intense.

Choose 1–2 grounding skills to practice daily for stability.

[see **Appendix A** for detailed skills]

- ☐ 5-4-3-2-1 Sensory Grounding
- ☐ Deep Belly Breathing
- ☐ Hands on Heart + Slow Exhale
- ☐ Temperature Reset (cool water or air)