

# Grounding & Self-Soothing Activities At-A-Glance

## Grounding Through the Body

 **Breathwork Reset** – Two deep inhales, one long exhale to regulate your nervous system.

 **Grounding Scan** – Notice your feet on the floor, your breath, and your body’s support.

 **Self-Touch Practice** – Gently place a hand over your heart or stomach; feel your warmth.

 **Movement Shift** – Shake out tension, stretch, or sway to move stagnant energy.

 **Future-Self Visualization** – Imagine your calm, confident self-guiding you through this moment.

 **Barefoot Grounding** – Stand on natural ground & reconnect with the Earth’s stability.

## Comforting the Senses

 **Self-Compassion Mirror Work** – Look gently into your eyes; say, “I’m safe now.”

 **Herbal Tea Ritual** – Notice the aroma, warmth, and taste—let it slow your pace.

 **Sensory Comfort** – Wrap in a blanket, hold a soft item, or smell lavender oil.

 **Candle Gazing** – Focus on a flickering flame to quiet the mind and deepen presence.

 **Self-Hugging** – Cross your arms and squeeze gently, reminding your body of safety.

 **Restful Nap** – Allow brief rest to reset & replenish your nervous system.



## Emotional Expression & Connection

 **Journaling Release** – Write what you feel without editing; let emotions flow onto paper.

 **Creative Expression** – Paint, draw, sculpt, or play music—transform energy into color or sound.

 **Writing a Letter (Not Sending)** – Release emotion by expressing what needs to be said.

 **Regulating Music** – Choose songs that soothe & match your desired energy.

 **Tea or Coffee with a Safe Person** – Ground through gentle connection and presence.

 **Visualization of Safe Place** – Picture your “inner sanctuary” of calm and warmth.

## Mindful Presence & Calm

 Sky Gazing  Mantra Repetition

 Reading for Comfort  Nature Connection

 Boundary Affirmation

 Memory Recall (Happy Moment)

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