

Breathe
♡

Grounding Tools

Simple ways to come back to the present.

SMALL
STEPS
COUNT.
—

When life feels overwhelming, grounding can help you reconnect with the present moment. Use these simple tools to slow down, notice your surroundings, and support yourself with care.

Pause & Breathe

Take one slow breath in...
and one long breath out.



What am I noticing right now?

What does my body need in this moment?

Grounding ideas I can try

- ☐ 5 things I can see
- ☐ 4 things I can feel
- ☐ 3 things I can hear
- ☐ 2 things I can smell
- ☐ 1 thing I can taste
- ☐ Hold something cold
- ☐ Press my feet into the floor
- ☐ Take a sip of water
- ☐ Name the date and time
- ☐ Look around and find 3 safe things



What helps me feel grounded?

KINDER
THOUGHTS
BRIGHTER DAYS
—

A
CALMER
TODAY
A BRIGHTER
TOMORROW
—

When I need quick grounding

Step
outside

Stretch

Wrap up in
a blanket

Listen to
calming music

Text
someone safe



A gentle reminder

*You do not have to fix everything at once.
Come back to this moment, one breath at a time.*



— Beyond the Mirror Counseling & Wellness —

Real support for real life

You
Are
Enough
♡