GROUND ME NOW

Pause. Land. Come back to the present.

DATE _____ **TIME** _____

1. WHAT AM I NOTICING RIGHT NOW?

_____

_____

_____

_____

_____

2. WHAT IS MY BODY DOING?

- ☐ Racing heart
- ☐ Tight chest
- ☐ Shaky
- ☐ Tense
- ☐ Numb
- ☐ Hot / flushed
- ☐ Tears
- ☐ Other: _____

3. WHAT CAN HELP GROUND ME?

- ☐ Take 5 breaths
- ☐ Drink water
- ☐ Step outside
- ☐ Cold water
- ☐ Name 5 things I see
- ☐ Sit down
- ☐ Music
- ☐ Contact support

4. WHAT FEELS SAFEST RIGHT NOW?

_____

_____

_____

_____

_____

5. ONE SMALL GROUNDING STEP I WILL TAKE NOW

_____

_____

_____

Safety grows one small moment at a time.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.