



≡ 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 | ☐ Numb |
| ☐ Tight chest | ☐ Hot / flushed |
| ☐ Shaky | ☐ Tears |
| ☐ Tense | ☐ Other: _____ |

3. WHAT CAN HELP GROUND ME?

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