



# RETURN TO YOURSELF

SIMPLE GROUNDING TOOLS  
FOR DAILY REGULATION,  
REFLECTION, AND NERVOUS  
SYSTEM SUPPORT.

CARMEN JANEAN  
HIDDEN CHAOS: TURNING ASHES INTO BEAUTY  
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# WHAT IS GROUNDING?

Grounding helps bring your awareness back into the present moment.

When stress, anxiety, grief, or overwhelm pull us away from ourselves, grounding helps reconnect the mind and body gently and safely.

## SIMPLE GROUNDING PRACTICE

### 5-4-3-2-1 Reset

Notice:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

**This practice can help calm the nervous system and bring you back into the present.**

## BOX BREATHING

Inhale – 4

Hold – 4

Exhale – 4

Hold – 4

Repeat 4 times.

**Longer exhales signal safety to the body.**

You do not need to earn rest.

You do not need to “push through” every feeling.

Sometimes healing begins with simply slowing down long enough to hear yourself.

## FINAL REFLECTION

*What part of myself have I been disconnected from lately?*

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