

# Deep Grounding



Plant Your Feet

Place both feet flat on the floor or ground. Apply gentle pressure and notice the support underneath you.



Orient to the Room

Slowly look around and take in where you are. Let your eyes rest on a few stable, neutral objects.



Touch Something Solid

Place your hand on a firm surface (table, wall, chair) and notice its texture and temperature.



Pause and Breathe Normally

Allow your breath to settle into its natural rhythm without changing or controlling it.