

Deep Grounding



Plant Your Feet

Place both feet flat on the floor or ground. Press down gently and notice the support underneath you.



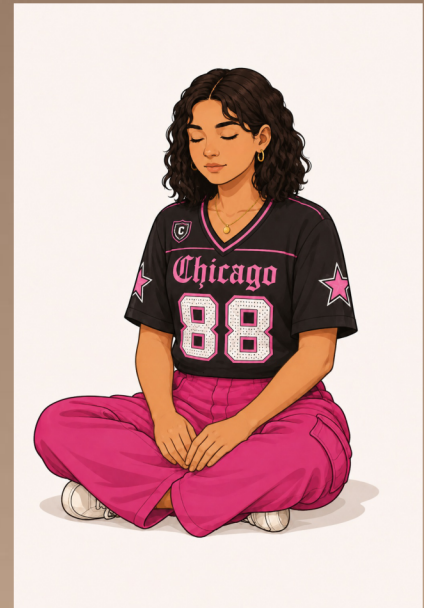
Orient to the Room

Slowly look around and notice where you are. Let your eyes rest on a few steady objects around you.



Touch Something Solid

Place your hand on a solid surface, such as a table, wall, or chair, and notice how it feels.



Pause and Breathe Normally

Let your breathing settle into its natural rhythm without trying to change or control it.