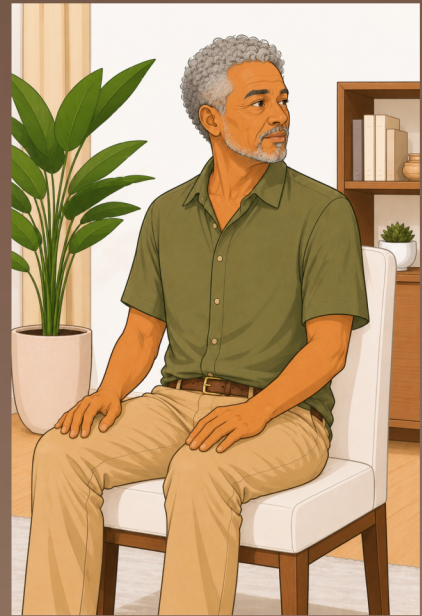


Deep Grounding



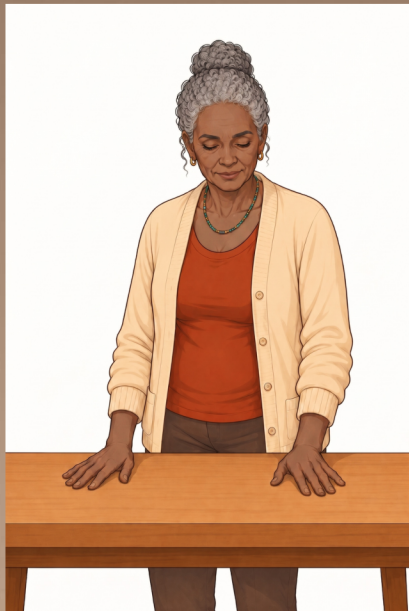
Feel the Support Beneath You

Notice where your feet or body are supported by the floor, chair, bed, or another stable surface. Gently press into that support if comfortable.



Notice Your Surroundings

Slowly look around and take in where you are. Let your eyes rest briefly on a few familiar or neutral objects.



Touch Something Solid

Place your hand on a sturdy surface, such as a table, chair, or wall. Notice how the surface feels beneath your hand.



Let Your Breathing Settle

Pause and allow your breathing to follow its natural rhythm without trying to change or control it.