

THE RAINBOW GROUNDING EXERCISE

Reconnect with the present moment ♥ ———

Sometimes our minds become busy with worries, memories or racing thoughts. This simple grounding exercise gently brings your attention back to the present by using your senses and the colours around you.

Take your time. There is no right or wrong way to complete this exercise.



RIGHT TRACK WELLBEING

YOU ARE NOT ON THIS JOURNEY ALONE.

TRAUMA-INFORMED WELLBEING
PAIN INTO PURPOSE



HOW TO USE THIS TOOL

Look around you slowly and notice one object for each colour. As you find each one, pause and take one slow, gentle breath before moving to the next colour.

Small moments of awareness can help create a greater sense of calm.



RED

Find something red.



ORANGE

Find something orange.



YELLOW

Find something yellow.



GREEN

Find something green.



BLUE

Find something blue.



PURPLE

Find something purple.



BROWN

Find something brown.



WHITE

Find something white.



BLACK

Find something black.



Reflection ♥

Take another slow breath.
Now ask yourself...



What do I notice about my breathing?



How does my body feel now?



What is one small thing I need in this moment?

Keep Moving Forward ♥



Ground yourself in what
is around you...



...so you can reconnect
with what is within you.



Small moments of calm
create lasting change.



TRAUMA-INFORMED
WELLBEING



PRACTICAL
TOOLS



REAL CHANGE
LASTING IMPACT

*You are not on
this journey alone.*

