DAILY GROUNDING PRACTICE FOR TRAUMA RECOVERY

RECONNECT WITH YOURSELF WHEN YOU FEEL LOST



Morning Grounding Ritual (5 minutes):



1. 5-4-3-2-1 Sensory Check
   - Name 5 things you can see
   - Name 4 things you can touch
   - Name 3 things you can hear
   - Name 2 things you can smell
   - Name 1 thing you can taste
2. Body Scan - Notice tension, breathe into those areas

Today's Affirmation - "I am safe. I am healing. I am enough."

Throughout the Day - When Triggered:



- STOP - Pause what you're doing
- BREATHE - 4 counts in, hold 4, out 4, hold 4
- OBSERVE - What am I feeling? Where in my body?
- PROCEED - Choose your response mindfully



Evening Release Practice (5 minutes):





1. Journal Prompt: "Today I felt... because... and that's okay."
2. Gratitude: Name 3 small things that brought you peace today
3. Self-Compassion: "I did the best I could today. I'm proud of myself for..."

Emergency Grounding Tools:



- Hold ice cubes in your hands
- Splash cold water on your face
- Name objects in the room out loud
- Call a trusted friend
- Step outside and feel the ground beneath your feet



Healing isn't linear. Some days you'll need this more than others, and that's perfectly normal.