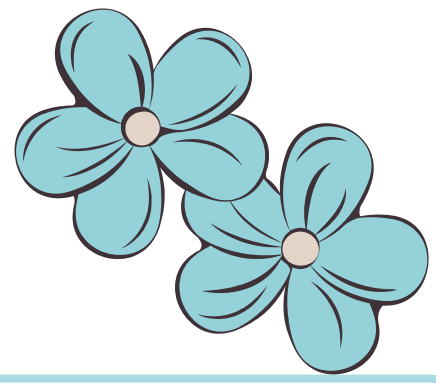


5 Simple Tips to Ground Yourself in the Present Moment



FOCUS ON YOUR BREATH

Take deep, slow breaths. Pay attention to the sensation of the air entering and leaving your body. This can help center your mind and calm any anxiety.



ENGAGE YOUR SENSES

Take a moment to really notice what's around you. What do you see, hear, smell, taste, and feel? Engaging your senses brings your awareness into the present.



BODY SCAN

Gently check in with each part of your body, from head to toe. Notice any tension or discomfort, and consciously release it. Pay special attention to your feet on the ground.



USE GROUNDING OBJECTS

Hold onto something familiar, like a smooth stone, a piece of fabric, or anything that feels comforting. Focusing on its texture, weight, and temperature can help you reconnect with the here and now.



MOVE MINDFULLY

Take a walk or stretch slowly. Focus on the movement of your body and how it feels to stretch or walk. This helps bring you back to your physical presence in the world.

