



Calm & Grounding TOOLKIT

A Gentle Guide to
Feeling *Safe, Present & Steady*

Find your calm in moments
of overwhelm. Simple tools
to help you slow down,
breathe, and reconnect.

You are allowed to slow down. You are safe here. ♥



Welcome!

Welcome to the *Calm & Grounding* — TOOLKIT —

This toolkit is designed to help you find peace and stay present during moments of stress and overwhelm.

Feeling anxious or disconnected can be overwhelming, but you have the tools within you to calm and ground yourself.

Inside these pages, you'll find gentle practices and soothing exercises to help you feel safe, centered, and steady.

Take a deep breath...
you're in a safe space now. ♥

- ♥ Simple Breathing Exercises
- ♥ 5-4-3-2-1 Grounding Technique
- ♥ Sensory & Body-Based Grounding
- ♥ Creating a Calm Toolkit of Support
- ♥ Daily Calm & Check-In Pages.

Take your time and be kind to yourself as you explore these pages.
You deserve to feel grounded and calm. ♥

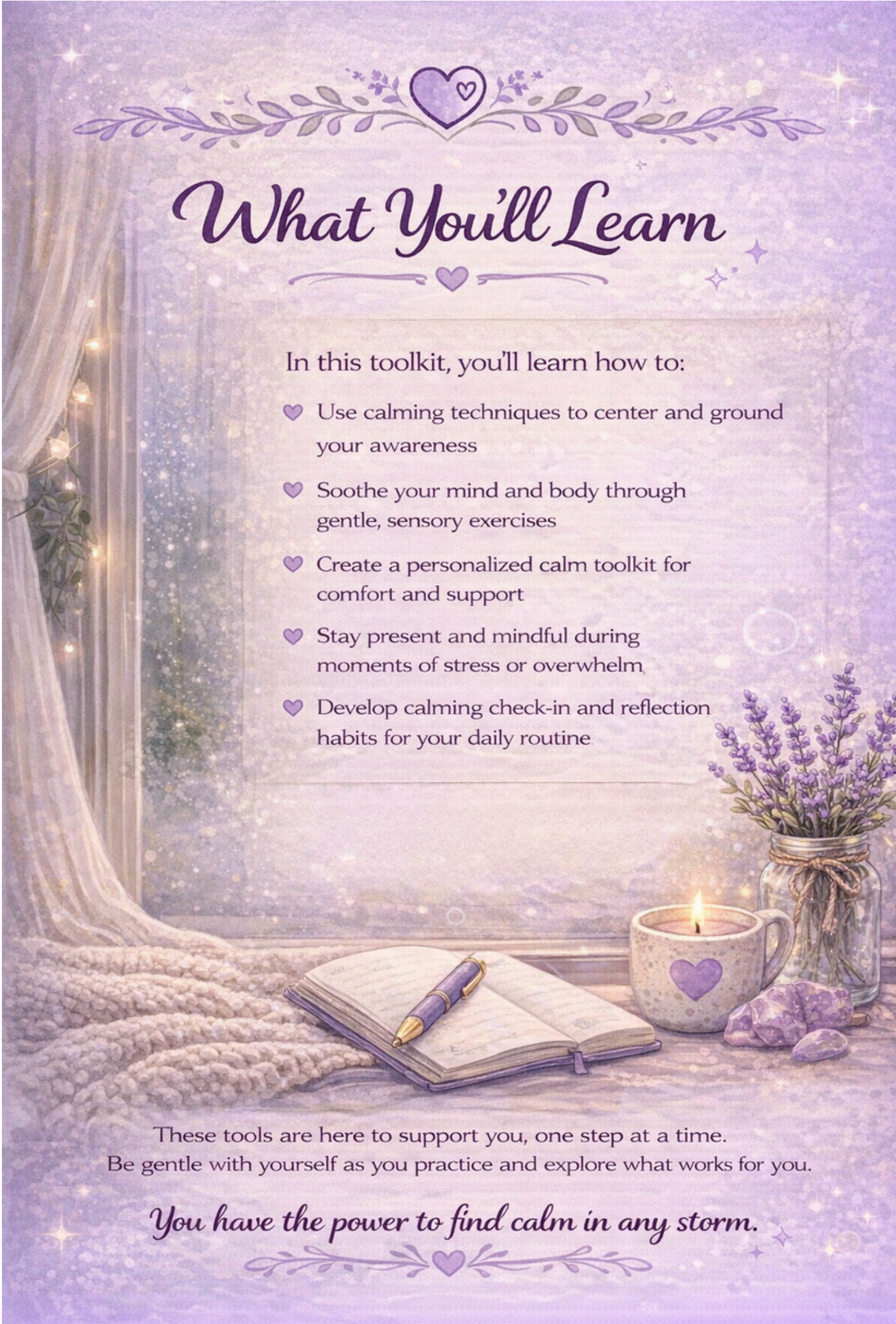


What You'll Learn



In this toolkit, you'll learn how to:

- ♥ Use calming techniques to center and ground your awareness
- ♥ Soothe your mind and body through gentle, sensory exercises
- ♥ Create a personalized calm toolkit for comfort and support
- ♥ Stay present and mindful during moments of stress or overwhelm
- ♥ Develop calming check-in and reflection habits for your daily routine



These tools are here to support you, one step at a time.
Be gentle with yourself as you practice and explore what works for you.

You have the power to find calm in any storm.





What is Grounding?



Grounding brings you back to the *here & now*.

Grounding is a practice that helps you connect to the present moment and calm your mind and body.

when you feel overwhelmed.

Feeling Disconnected?

- ♥ Your thoughts are racing, your body feels tense,

Feeling Grounded?

- ♥ You feel aware of your surroundings and in tune with yourself in the present moment.

Connecting to the present moment can ease feelings of anxiety and panic by helping you feel.

♥ Safe 🌿 Centered

✨ Steady

We all need grounding from time to time — you're not alone.
Let's find the calm together.





Signs You Need Grounding



It's okay to feel overwhelmed. Here are some common signs that you may need to take a mindful pause and ground yourself.

- ♥ You feel anxious, stressed, or panicked
- ♥ Your thoughts are racing and hard to control
- ♥ You feel disconnected from your body
- ♥ You feel overwhelmed by emotions
- ♥ You're stuck in "fight or flight" mode
- ♥ You're caught in a spiral of negative thoughts
- ♥ You feel spacey or detached from your surroundings
- ♥ Your mind or body feels tense, numb, or buzzing.

These feelings are signals from your mind and body telling you it's time to slow down and care for yourself.

You are allowed to take a moment to ground and re-center when you need it.



Breathing Techniques

Your breath is a powerful tool to calm your body and mind.
Try these simple techniques whenever you feel overwhelmed.



Box Breathing

- ♥ Inhale for 4 counts
- ♥ Hold for 4 counts
- ♥ Exhale for 4 counts
- ♥ Hold for 4 counts

Repeat 4–6 times



4-7-8 Breathing

- ♥ Inhale through nose (4)
- ♥ Hold your breath (7)
- ♥ Exhale slowly through mouth (8)
- ♥ Repeat 3–4 times

Great for calming anxiety



Belly (Diaphragmatic)

- ♥ Place one hand on your belly
- ♥ Breathe in through your nose
- ♥ Feel your belly rise
- ♥ Exhale slowly through your mouth
- ♥ Let your belly fall

Helps relax your body



Even Counting

- ♥ Inhale for 5 counts
- ♥ Exhale for 5 counts
- ♥ Keep it slow & steady
- ♥ Focus on the feeling of the air moving

Use anytime, anywhere

Even one deep breath can
shift your entire moment.

Breathe in peace. Breathe out stress.



Breathing Techniques

YOUR BREATH IS A POWERFUL TOOL TO CALM YOUR MIND
AND GROUND YOUR BODY.

When you slow your breath, you signal to your body
that it's safe to relax. Try these simple techniques
whenever you feel overwhelmed.



1

Box Breathing

SIMPLE & BALANCING



- ♥ Inhale for 4 seconds
- ♥ Hold for 4 seconds
- ♥ Exhale for 4 seconds
- ♥ Hold for 4 seconds

Repeat 3–5 times.

2

4-7-8 Breathing

CALMING & RELAXING



- ♥ Inhale for 4 seconds
- ♥ Hold for 7 seconds
- ♥ Exhale slowly for 8 seconds

Repeat 4 times.

3

Belly Breathing

GENTLE & GROUNDING



- ♥ Place one hand on your chest
- ♥ Place one hand on your belly
- ♥ Inhale deeply through your nose, letting your belly rise
- ♥ Exhale slowly through your mouth, letting your belly fall

Do this for 1–2 minutes.



Quick Tip

Try pairing your breathing
with a calming word like:
“Calm”, “I am safe”, or
“I am here.”

Let each breath remind
you that you're okay.



You can come back to your breath anytime, anywhere.

One slow breath is all it takes to begin again.





5-4-3-2-1 Grounding Method

RETURN TO THE PRESENT MOMENT



This simple grounding exercise can help bring you back to the *here & now* when your mind is overwhelmed. Engage your **senses** and reconnect to the present moment:

5

Things You Can See

Look around and name five things you can see.



4

Things You Can Touch

Notice four things you can touch or feel.

Repeat 3–5 times.



3

Things You Can Hear

Listen for three sounds you can hear.

Repeat 4 times.



2

Things You Can Smell

Notice two things you can smell.

Repeat 2 minutes.



1

Thing You Can Taste

Focus on one thing you can taste.



Grounding helps you feel centered and calm. Take deep breaths as you move through each step.



Sensory & Body-Based Grounding

RETURN TO THE PRESENT MOMENT

Grounding can help you feel calm and centered by reconnecting with your body and the world around you. If you're feeling *overwhelmed*, bring your awareness back to your senses and physical presence.

5

Hold + Feel an Object

Grab an object (a stone, crystal, stress ball, or piece of fabric) in your hands. Focus on the texture. Notice how it feels—round, rough, soft, cool, warm.



4

Dip Your Hands in Water

Place your hands in cool or warm water. Focus on the temperature and how it feels on your fingertips and palms. Repeat 3–5 times.



3

Do a Body Scan

Take a moment to scan your body from head to toe. Notice areas of tension and gently tense and release each part.



2

Use Your Senses

Engage your senses by sipping a warm drink, smelling an essential oil, or listening to calm nature sounds. Ground yourself in the present moment by focusing on your surroundings.



1

Feel Your Feet on the Ground

Bring your focus to your feet on the floor. Notice how the ground feels sturdy, solid, and stable beneath you.



Tip: You can even audibly say “sigh” or “ahh” as you release the breath. Let it all out.

Take your time and try these techniques to find the ones that work best for you.



Creating Your Calm Toolkit

PERSONALIZE A KIT OF COMFORTING ITEMS
TO CALM AND GROUND YOU.

Create a personalized calm toolkit filled with comforting items that help soothe and ground you. Your toolkit is a treasure chest of support where you can keep the things that help you feel calm and centered.

Here are some ideas for what to include:



Soothing Scents

Essential oils, calming teas, a lavender sachet, or a soothing candle.



Comfort Objects

A cozy blanket, a plush pillow, a stuffed animal, or a warm cup of tea.



Do a Body Scan

Calming music, nature sounds, a white noise machine, or guided meditation tracks.



Calm & Focus Tools

Fidget toys, crystals, journal, affirmation cards, or a grounding stone or worry stone.



5

Feel Your Feet on the Ground

Bring your focus to your feet on the floor. Notice how the ground feels sturdy, solid, and stable beneath you.

Tip: You can even audibly say "yes." or "ahh" as you release the breath. Let it all out.



Your calm toolkit is there to support you whenever you need a soothing moment.





Daily Grounding Rituals

ESTABLISH CALMING HABITS THAT GROUND
AND CENTER YOU.

Incorporate grounding practices into your daily routine to cultivate calm and connection with the present moment. Here are some gentle rituals to help you stay balanced both mentally and emotionally:



Morning Mindfulness

Start your day with a few minutes of deep breathing, gratitude, or intention-setting.



Nature Connection

Spend time outside. Feel the grass beneath your feet, listen to the sounds of the birds, or soak in the sun's warmth.



Gentle Movement

Engage in calming activities like yoga, stretching, or a mindful walk.



Sensory Breaks

Take short breaks to engage your senses. Savor a snack, drink a cup of tea, or have a few drops of essential oil.



Breathing Exercises

Use calming breathing techniques like Box Breathing, 4-7-8 Breathing, or Belly Breathing.



Grounding Toolkit

Take a few minutes to relax with items from your calm toolkit, like holding a stone, using fidget toys, or listening to calming music.



Even small moments of grounding can make a big difference.

Your calm toolkit is there to support you whenever you need a soothing moment.





Grounding

*May you find calm in the chaos,
stillness amidst the storm,
and peace within the present moment.*



Grounding is a gentle way to return to the present moment. It helps bring your mind and body back to the here and now when things feel overwhelming, busy, or uncertain. Grounding can help you feel calmer, steadier, and more connected to yourself.

Wherever you are right now, pause and remember: you do not need to have everything figured out. You are allowed to slow down, breathe, and come back to the present one small step at a time.

Morning Mindfulness

Start your day with a few quiet moments. Try deep breathing, gentle stretching, or naming one thing you are grateful for before the day begins.

Nature Connection

Step outside if you can. Feel the ground beneath your feet, notice the breeze, listen to birds, or sit in the warmth of the sun for a few moments.



Gentle Movement

Stretch your body, roll your shoulders, take a short walk, or move in a way that feels calming and comfortable. Gentle movement can help release tension and bring you back into your body.



Sensory Breaks

Pause and reconnect with your senses. Sip a warm drink, hold something soft, smell a calming scent, or listen to soothing music. Small sensory moments can help regulate stress.



Evening Unwind

End the day with something calming and familiar. Try journaling, reading, a warm shower, soft lighting, or a quiet moment with a comforting drink before rest.

Take a deep breath, and know
that you are exactly where
you need to be.





Thank You



Thank you for using the Calm & Grounding Toolkit.

I hope that the tools, techniques, and guidance shared in these pages help you find a sense of peace and balance within yourself. Remember that it's okay to take things one step at a time. Grounding is a practice, and it's alright not to get it perfect.

Be gentle with yourself and honor your feelings.

You're learning and growing with each step you take.

No matter where you go from here,
I wish you deep serenity, inner strength,
and moments of stillness
amidst the busyness of life.

With love and light,
you are worthy of peace.



Warm wishes,

Your Calm & Grounding Toolkit

