

5 Grounding Practices Everyone Should Know

Simple, rapid tools to help you return to yourself — anytime, anywhere.

Created by Samantha, RN, MSN, AHN-BC, HWNC-BC

Life pulls your attention in a thousand directions.

Grounding doesn't just calm you — it reconnects you to your center.

These five practices help you:

Steady your nervous system

Reduce overwhelm

Interrupt spiraling

Reconnect with your body

Shift from reaction to clarity

Each practice takes under one minute.

You can use them at home, work, in your car, or in a moment when everything feels like "too much."



1. The 60-Second Downshift

A quick reset for an overactivated nervous system.

How to do it:

Exhale fully through your mouth.

Inhale through your nose for 4 seconds.

Hold for 1 second.

Exhale through your mouth for 6–8 seconds.

Repeat 4 times.

Why it works:

Long exhales signal safety to your body.

Within a minute, your mind clears and your system softens.

2. Boundary Reset

For moments when the world feels too loud or too demanding.

How to do it:

Close your eyes for a moment.

Feel your feet.

Inhale and imagine gathering your energy inward.

Exhale and mentally say:

“This is my center.”

Why it works:

It reclaims your internal space.

You stop absorbing everything around you.

3. Two-Point Tension Release

A gentle somatic practice to bring you back into your body.

How to do it:

Notice two areas of tension (jaw, shoulders, neck, gut, back).

On your next exhale, soften the first point by 10%.

On the following exhale, soften the second.

Alternate for 20–30 seconds.

Why it works:

• Awareness + micro-release interrupts the stress cycle and grounds you without stopping your day.

4. The Inherent Pause Breath

The breath that resets your presence.

How to do it:

Place one hand on your chest and one on your lower ribs.

Inhale gently.

Hold for 2 seconds.

Exhale slowly while releasing your shoulders down.

Silently say: “Pause.”

Use this when:

You’re about to react, respond, decide, or speak from stress instead of clarity.

5. Emotional Labeling

The fastest way to interrupt overwhelm.

How to do it:

Ask yourself silently:

“What am I feeling — and what does this feeling need?”

Examples:

“Frustrated — needs space.”

“Anxious — needs breath.”

“Sad — needs softness.”

“Overthinking — needs grounding.”

Why it works:

Naming an emotion instantly drops its intensity and shifts you from reactivity → clarity.

WHEN TO USE THESE PRACTICES

Use any of them when you notice:

You feel overwhelmed

Your mind is racing

You're overstimulated

Your body feels tight

You're spiraling mentally

You're about to say something you may regret

You feel disconnected from yourself

A few seconds of grounding can change the entire direction of your day.

A NOTE FROM ME

Grounding is not about perfection.

It's about returning — to your breath, your body, and your truth.

Use these practices whenever your system whispers, "Slow down... come back... right here."

Samantha, MSN, AHN-BC, HWNC-BC

Inherently Healthy Wellness Coaching

