



The start of a new year can bring mixed emotions. There can be pressure to feel hopeful, motivated, or ready for change even when your heart and nervous system still feel tired. Healing through grounding is about creating a sense of safety and stability within yourself before you try to move forward.

This guide offers gentle practices to help you come back into your body, slow your mind, and reconnect with the present moment. Grounding does not mean forcing yourself to be positive or productive. It means giving yourself permission to start where you are and to build from a place of steadiness, not urgency.

Use these tools as small anchors on days when everything feels like too much.

## SELF-CARE & EMOTIONAL REGULATION

Grounding begins with helping your body feel safe. When your nervous system is regulated, your emotions become easier to hold and process.

### Ideas to try:

- Create a simple daily routine that feels supportive
- Get enough rest without judging yourself for needing it
- Limit exposure to overwhelming news or social media when needed
- Build in small moments of calm throughout your day

## DAILY JOURNALING

Journaling can help you slow down your thoughts and reconnect with yourself.

### Prompt ideas:

- What helps me feel the most grounded right now?
- Where do I notice tension in my body?
- What does my body need more of this week?
- What has been heavy for me lately?
- What feels supportive or calming to me?
- What does “feeling safe” look like for me today?

## MOVEMENT AS MEDICINE

Gentle movement can help release stress and bring awareness back into your body.

### **Suggestions:**

- Slow walks with intentional breathing
- Gentle stretching when you wake up or before bed
- Rocking, swaying, or grounding your feet into the floor
- Simple yoga or body-based practices that feel supportive

## GUIDED GROUNDING PRACTICE

When emotions feel overwhelming, grounding can bring you back into the present.

### **Try this simple grounding practice:**

- Place both feet on the floor
- Take slow, steady breaths
- Notice five things you can see around you
- Remind yourself that you are safe in this moment

You are allowed to move slowly. Presence is progress.

## REBUILDING A SENSE OF SAFETY

After emotional upheaval, your body may stay in a state of alert. Healing through grounding includes rebuilding a sense of internal safety.

### **Ways to support your sense of safety:**

- Create calming spaces in your home
- Use soothing sensory input such as soft blankets, warm drinks, or calming scents
- Allow yourself to pause when your body feels overwhelmed
- Practice listening to what your body is asking for

Safety is something you can gently create for yourself over time.

## BOUNDARIES THAT SUPPORT STABILITY

Grounding also involves protecting your energy.

### **Examples of grounding boundaries:**

- Limiting interactions that leave you feeling dysregulated
- Creating quiet time for yourself
- Saying no when your nervous system feels overloaded
- Choosing rest over obligation when needed

Boundaries support your body's need for steadiness.

## RECONNECTING WITH YOUR BODY

When life feels overwhelming or emotionally heavy, it is easy to disconnect from your body and live mostly in your thoughts. Grounding is about gently coming back into your physical self and noticing what is happening in the present moment. Reconnecting with your body helps your nervous system settle and reminds you that you are here, you are safe, and you are allowed to take up space in this moment.

### Ways to gently reconnect with your body:

- Notice where your body feels tense and allow yourself to soften your muscles when you can
- Place your feet flat on the floor and feel the support beneath you
- Take slow, steady breaths and notice the rise and fall of your chest
- Gently stretch or move in ways that feel supportive
- Pay attention to physical cues like hunger, fatigue, or the need for rest

Your body holds wisdom. Learning to listen to it is part of creating safety and stability as you begin this new chapter.

## FIND YOUR PEOPLE

Grounding is easier when you are not alone.

### Seek out people who:

- Offer calm presence
- Respect your need for rest and space
- Allow you to show up as you are
- Provide support without pressure

Connection can be grounding when it feels safe and supportive.

## SUMMARY

Healing through grounding is about building a steady base before you ask yourself to grow, change, or move forward. You do not need to rush your healing. Creating small moments of safety and presence is enough to begin.

Let this month be about finding your footing. You are allowed to start gently. —Jenny 