

TRAUMA GROUNDING MENU

APPETIZER

Quick grounding bites to help you settle into the present.

STRETCH & RELEASE

Gentle stretching paired with intentional release to ease tension held throughout the body.

5 DEEP BREATHS

Five slow breaths, gently inhaled and exhaled to invite calm and create space.

SAFE PLACE VISUALIZATION

A calming mental retreat using imagery, sensory details, and a place that brings a sense of comfort.

DESSERT

Gentle practices for comfort, connection, and self-compassion.

POSITIVE AFFIRMATIONS

Choose a few believable, supportive statements and repeat them slowly.

GRATITUDE CHECK-IN

Pause to identify three things—big or small—that feel meaningful, supportive, or appreciated right now.

SELF-COMPASSION BREAK

Acknowledge the difficult moment, recognize your humanity, and offer yourself supportive words.

MAIN COURSE

More substantial practices for when your nervous system needs extra support.

BODY SCAN

A slow journey from head to toe, noticing sensations, tension, warmth, pressure, and areas asking for attention.

5-4-3-2-1 SENSES

A grounding blend of five things you see, four you feel, three you hear, two you smell, and one you taste.

PROGRESSIVE MUSCLE RELAXATION

A full-body sequence of gently tensing and releasing muscle groups to encourage physical relaxation.

DRINKS

Simple sensory pairings to complement your grounding practice.

WARM TEA

Slow sip tea to create a soothing sensory experience to anchor attention.

CALMING MUSIC

Choose familiar, gentle sounds and allow your attention to settle into the rhythm, melody, or beat.

AROMATHERAPY

Use a pleasant, familiar scent and slowly notice its qualities as an anchor to the present moment.