

GROUNDING GUIDES: Quick Reference Guide

Using the Grounding Guides on Your Own

- **Choose a Module** — Find them in the Resource Section of our website.
- **Watch (7–8 min)** — Follow along with the handout for notes or reflection.
- **Try a Practice** —
 - **Self-Check** — Mental Health Check-In, Name It (e.g., “Am I green, yellow, red?”)
 - **Body Reset** — Breath & Press, Shoulder/Jaw/Back Release (e.g., *slow inhale while pressing palms together, gently dropping shoulders*)
 - **Interaction Shift** — Tone Reset, Offer Choices, Pause Before Responding (e.g., “Would you prefer here or there?”, *softening your voice before speaking*)
- **Reflect** — Pick one question from the handout and jot down your answer.
- **Apply Tomorrow** — Notice what worked today then decide if you want to keep it going or try something new.

Commit to Your Daily Practice

Each day this week, choose one practice to focus on. It can be the same one or different practices.

Write it in and try it at least once during your day. Small, intentional actions add up.

Day	My Practice	When I'll Use It (Optional)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

For educational purposes only.

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